



## “I Messages”

**When** (Just state the facts: What needs repaired or changed? Avoid using the word **YOU** here.)

---

---

**I feel** (One must state a feeling here: Angry, disappointed, frustrated, confused, happy, sad...)

---

---

**Because** (State the consequences of the behavior and/or facts: How is it affecting you/your family?

What have you already done to fix it?)

---

---

**Would you please:** (What do you want to happen? What do you wish or hope will happen? Can we please... I'd like it if...)

---

---

