

Steps for using “I Messages”

1. **Calm yourself down.**
2. **Identify your feelings and why you feel the way you do.**
3. **Determine the cause of your feelings WITHOUT blaming or shaming the other person(s).**
4. **Identify your expectations for future behavior or future consequences.**
5. **State the feeling(s) and the reason for the feelings and your future expectations.**

I feel (state your feelings),
when (state the undesired behavior you wish to stop),
because (state why you feel the way you do)
and (state your future expectations and or future consequences).