

Name _____

Date _____

“I-Messages and You Messages”

Please summarize the attached article. Remember, summarizing is a helpful step to deep understanding. It’s good practice because it helps you clarify the main idea of the article. One easy way to do this is to write down the main idea of each paragraph. Then you can connect these sentences together into your own paragraph, omitting any repetition along the way. Presto! You have a summary.



Now change these “you” messages into “I” messages. Remember: it doesn’t just mean changing a “you” statement to an “I” statement. It means changing the tone of the statement so that understanding follows rather than resentment and injury. Also remember that generalizations (“You are always late”) aren’t helpful because the other person tries to think of the exception to prove your generalization wrong. Instead, be specific.

Ex: You’re not listening! I don’t feel heard.

 You’re wrong! I disagree.

1. You’re rude!
2. You’re interrupting!
3. You’re annoying!
4. You talk too much!
5. You only care about yourself!
6. You never let me go to the movies on Sunday!

7. You always criticize me!
8. You're never happy!
9. You drive too slowly.
10. You didn't do anything to help clean up!
11. You always blame me for being late!
12. You want everything your way!
13. You're lazy!
14. You're driving me crazy!
15. You expect too much of me!

Now return to your pairs. Where you are, act out your argument scenario again, this time using "I-messages." Did that help you work to an agreeable outcome? Was the conflict less heated? What was challenging? What worked?