

How Do You FEEL Today?



"I" Messages (instead of "YOU" messages)

Situation example: Your brother has been playing on the Playstation for a long time. You keep asking to play and he keeps saying, "after this level". You are starting to get mad.

This is what you said the LAST time he did this:

"YOU make me so mad! It's my turn on the Playstation! YOU have been on it all day! I tried asking you nicely but you won't listen! If you don't get off of it now I am going to tell Mom!" "MOM!!!! He won't get off the Playstation!"

Try this instead:

In a calm voice... say:

I feel **frustrated**

When **I don't have a chance to play my game**

Because **I have been looking forward to building a new tower in Minecraft**

May I Please have my turn for the next 30 minutes

DO YOU SEE THE DIFFERENCE BETWEEN AN "I" MESSAGE
AND A "YOU" MESSAGE?

In a calm voice... say:

I feel

When

Because

Please