

“I Message” Format

Assertive Communication Skills

(Look for what is best for all concerned!)

Non-Blameful Description of	Simple Formula	Instructions
The Situation	When _____	Briefly describe the situation without judgment, blame or attack; for example: When the dirty dishes are left in the den
My Emotion(s)	I feel _____	Use only one word to describe your emotion in that situation: glad, mad, sad, scared, etc.; for example: When the dirty dishes are left in the den, I feel angry.
My Reason(s)	because _____	Briefly describe your reason for feeling that way in that situation; for example: When the dirty dishes are left in the den, I feel angry because the room was clean when I left.
My Vision	I'd like _____	Picture how good the future would look if the gap got closed between what is (the problem) and what is wanted (the goal), then vividly describe what you want: I'd like to come home to a clean house, be free to converse with you and get close to you.
My Request	Will you _____?	Ask for the first step toward making your vision come true: Will you please pick up your dishes when you finish with them?