

Exercise 3-6: I-messages

INSTRUCTIONS: Rephrase the statements below to form "I-messages."

1. Don't play on the stairs, you'll fall!

2. (Parent, trying to read a newspaper): Quit bothering me!

3. If I've told you once, I've told you a thousand times, close the front door!

4. Get this stuff picked up off the floor or you won't get any dessert tonight.

5. If you hit your sister again, I'll beat the tar out of you!

POSSIBLE ANSWERS. NOTE: These are only possible answers. Your answers may vary depending on the consequences of the behavior **to you** and **your feelings** about it.

1. When I see you playing on the stairs, I am afraid you will fall and hurt yourself.
2. When the sofa bounces a lot, I get frustrated because I can't read the newspaper.
3. When the front door is left open, the flies come in and I have to stop fixing dinner to kill them, and that annoys me.
4. I get discouraged when I see the room I just cleaned up all messy, because I will have to do it again when I would rather read.
5. When someone hits your sister, I am afraid it will hurt her.