

'I' Messages.

Sometimes it can be difficult to say in an effective way how we feel. Look at the scenarios below. In each case how would you feel? What would you do?

Case Scenario	How would you feel?	What would you do?
At the end of the lesson the teacher states some equipment has gone missing so the whole class is to stay in during lunch until handed in.		
Your friend borrowed one of your tops without asking & now it has been damaged.		
You want to watch a tv programme but your younger brother won't shut up & stop messing about around you.		
A student starts being naughty & disruptive in the lesson & your teacher can't help you with your task.		
A friend always invites themselves over to your house all the time even if you have plans with other friends.		

Follow the 'I' Guide for making assertive statements in difficult situations.

Explain the situation as you see it: for example I'm trying to watch TV..

Explain how you feel: for example, I'm getting frustrated & angry because...

Explain what you want: for example, I want you to...

Explain what will happen if the other person does what you want.

Explain what will happen if the other person does not do what you want.

The 'I' Guide

Explanation: try to be as fair as possible. Keep to the present situation & don't drag up old arguments. Be brief. Describe what is happening not what you think is happening.

Feelings: Acknowledge your feelings & take responsibility for them. Don't blame or accuse the other person of making you feel anything.

Needs: Explain clearly what you need to happens so that the situation can be resolved.

Consequence: Make clear what will be the benefits if the other person does as you ask.

Apply the 'I' Guide to the scenarios above.

Now think of a real scenario/ situation where you felt angry & wanted to express your feelings assertively? Use the 'I' Guide to write down your responses.