

This is “Peer Counseling Pause” with Reova Meredith

Using “I” Messages

When using “I” messages, as opposed to “You” messages, the speaker takes ownership of their words, feelings, and actions. “I” messages express a concern or need rather than a complaint.

There are three parts to an “I” message:

Describe the behavior that is concerning you. “When you came in at 2:00 am.”

State the feeling the behavior produces in you. “I am afraid.

State the reason you feel this way. “You might have been in an accident.”

**“I” messages express feelings and focus on how I feel, not on the other person
“You” messages place blame, criticize, and make the other person defensive.**