

I-Messages

Declarative

“I’ve decided that I don’t have time to have a second job.”

“I like playing basketball.”

“I disagree with the idea for the group project.”

Responsive

“No, I don’t want to be in charge of the project”

“Yes, I will drive you to Wal-Mart.”

Preventative

“I’ve decided not to go to the concert with you this weekend.”

“I don’t want to give you my class notes because I need them.”

Confrontive

“I’m frustrated when you miss our study table because I feel that you don’t respect me.”

“I am concerned that we haven’t seen you for our group project yet because we need to feel that you are part of our team.”