

“I” message (also known as an “assertiveness statement”) can help you state your concerns, feelings, and needs in a manner that is easier for the listener to hear and understand

An “I-statement” focuses on the speaker's feelings and needs, rather than blaming the listener. It typically follows the format: “I feel [emotion] when [behavior] because [reason].”

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**Four parts of an “I” Message:**

1. “When you \_\_\_\_\_”  
state observation
2. “I feel or I think \_\_\_\_\_”  
state feeling
3. “Because \_\_\_\_\_”  
state need
4. “I would prefer that \_\_\_\_\_”  
state preference

**Here’s another pattern to the “I” Message:**