I-MESSAGES

I-Messages are a great way to explain yourself when you are upset. When you use I-Messages, people are more willing to listen to you and respond to your requests without becoming defensive. I-Messages encourage open discussion and can help resolve a conflict quickly and easily.

EXAMPLE
One of your friends often borrows things from you and doesn't return them.
l feel <u>upset</u>
when you <u>don't return my things</u>
because they are important to me.

Fill in the blanks for the following I-Messages:

1. Your closest friend is telling others about your personal life.

I feel _____

when you _____

because _____

2. You haven't been called on all week, even though you've raised your hand.

I feel _____

when you _____

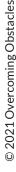
because _____

3. Someone in your family keeps forgetting to give you messages.

l feel _____

when you _____

because _____



OVERCOMING

VOCABULARY OF FEELINGS

A

Afraid
Aggressive
Annoyed
Anxious
Apathetic
Apologetic
Apprehensive
Ashamed
Audacious

B ashfu

Bashful Bold Bored Brave

Calm Cautious Cheerful Comfortable Competent

> Confused Curious Cynical

Confident

Decisive
Depressed
Determined
Disappointed
Disapproving
Disgusted
Distressed

Ε

Ebullient
Ecstatic
Embarrassed
Energetic
Enraged
Enthusiastic
Envious
Excited
Exhausted

Friendly
Frightened
Frustrated

Grateful Greedy Guilty

Happy Helpless Hopeful Horrified

Impatient
Incompetent
Indecisive
Indifferent
Innocent
Insecure
Inspired
Insulted
Intimidated
Irritated

Jealous Joyous

L Lazy Listless Lonely

Marvelous Mischievous Miserable Morose

> Negative Nervous

Oblivious
Optimistic
Overwhelmed

Paranoid
Peaceful
Perplexed
Petrified
Proud
Puzzled

Reckless Regretful Relaxed Restless

Sad Satisfied Secure Serene Shocked Shy Silly Skeptical Sleepy Sluggish **Smart** Stimulated Stupefied Subdued Sullen Surprised Suspicious

Tense
Tentative
Timid
Tranquil
Trusting

Sympathetic

Uncomfortable Undecided

> W Wary Whimsical Worried

> > **Z** Zealous

TOPICS FOR A CONTROLLED DEBATE

- Healthy people should become organ donors.
- People should be banned from talking on their mobile phones in public places.
- Animals should live in their natural habitats, not in zoos or circuses.
- Boys and girls should be allowed to try out for and play on any high school sports team they want, including basketball and football.
- Squirt guns, laser pointers, and other toys that look like guns should be banned from schools.
- Policies banning homework should be established in school districts.
- Athletes should not be required to graduate from college before playing professional sports.
- Schools and libraries should block certain websites on computers used by high school students.
- Student government should have the power to change school policy.