

I-Message Worksheet Form

My purpose is... (*State rational constructive hope, goal, etc.*) _____

I feel and/or think... (*State feelings and/or thoughts when the problem activity occurs.*)

When... (*Describe the problem activity.*) _____

Because... (*Describe the reason that the activity is a problem for you.*) _____

And, my preference would be... (*State one or two options that you think might resolve the problem activity; one option could be to invite the other to do some mutual problem solving with you.*) _____
