

1. I feel feeling word
2. about specific behavior
3. because tangible effect

"I Messages" provide lots of information to the people you communicate with:

1. How you feel.
 2. What happened that you chose to feel that way.
 3. Why that feeling is important to you or what the consequence of that feeling may be.
1. The first part is a statement of your feelings without blaming the other person; it introduces important information into the relationship. Our feelings once shared can be dealt with openly. Letting others know how you feel is essential when forming a strong, growing relationship with them.
 2. The second part describes the other person's behavior, that you are sharing feeling about, in very specific terms. The clearer your description of their behavior can be the better your communication will be as you both will know exactly what you are talking about. Also, being specific will not raise the other person's defensiveness like generic labeling of behavior as "careless" or "unreliable" can do.
 3. The third part give your reason for your feeling or explains the consequences of the behavior that resulted in your feeling. This part points out to the other, why their behavior matters to you.

Remember:

- The less you say the more they hear.
- Make Mike Talk specific and clear.
- Your children are learning to talk about their feelings, you need to do so as well.

"I Messages"

- allow you to claim responsibility for your feeling while communicating them effectively, specifically and meaningfully to others.
- open lines of communication to make problem solving possible
- do not guarantee that the other person's behavior will change, but give the other the responsibility of choosing whether or not to modify their actions knowing how you feel about their actions.

MICROPHONE TALK MORAL INVENTORY

GUIDELINES: 1. 1 message 2. Honest FEELINGS 3. Be BRIEF

FORMAT: I Feel _____ about _____ because
 (one word) (several words) (one sentence)

POSITIVE FEELING WORDS

ACCOMPLISHED	APPRECIATIVE	CALM	CARING
Capable	Cheerful	CONFIDENT	Cooperative
COURAGEOUS	DETERMINED	Emphatetic	Excited
Fair	FIRM	Flexible	Friendly
Genuine	Good	GRATEFUL	HAPPY
Helpful	HONEST	HOPEFUL	HUMBLE
INSPIRED	Intelligent	Joyful	Kind
Knowledgeable	LOVING	Loyal	Modest
MOTIVATED	Neat	OPEN	OPTIMISTIC
Organized	PATIENT	Peaceful	Pleased
POSITIVE	Powerful	Prayerful	PROUD
Purposeful	RELAXED	RESOVED	Satisfied
Sensitive	SERENE	Sincere	STRONG
Sympathetic	Talented	THANKFUL	TOLERENT
Truthful	Warm	Wise	Youthful

NEGATIVE FEELING WORDS

ANGRY	Annoyed	ASHAMED	Betrayed
Bitter	Cheated	CLOSED-OFF	CONFUSED
DEFEAT	Depression	DISAPPOINTMENT	Discouraged
Dishonest	DISTANT	EMBARRASSED	Empty
Enraged	Envious	Exhausted	FEARFUL
GUILTY	HATEFUL	HELPLESS	HURT
IMPATIENT	Inadequate	Intimidated	Jealous
LAZY	LONELY	MAD	NEGATIVE
NEGLECTED	Nervous	Outraged	PAIN
Persecuted	Pessimistic	Pissed-off	Phoney
Pity	PRESSURED	REJECTED	Resentful
Restless	SAD	SCARED	SELFISH
STUPID	Suprised	Terrified	Threatened
TIRED	Trapped	Victimized	Weak
Weary	WIMPY	Worried	Wronged