Effective “I” MessagesC:\Documents and Settings\Siobhan Powers\Local Settings\Temporary Internet Files\Content.IE5\15W11LEJ\MC900226646[1].wmf

I feel……………….(feeling)………………

When………………(describe behavior)…………….

Because…(concrete effect or consequence on situation)…..

I don’t want…………(describe behavior to be discontinued)….

I want………..(describe desired behavior)