Directions: Read the following scenarios. Then write a response by following the process of changing “You” statements into “I” messages.

1. Tony and Leah have been dating for a while now, yet both have friends of the opposite gender. Leah though feels like Tony is spending way too much time with Daniele. Leah confronts Tony in an argument and says, “You’re always spending time with Daniele when you should be spending time with me!”

Instead Leah could say….. “Tony, when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I feel \_\_\_\_\_\_\_\_\_\_because

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and I want you to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. You just took an English test last week that you feel you did really well on. When you get to class on Monday and the teacher hands it back you actually got a C! You are angry and yell out at the teacher, “Why did you give me a C on the test!”

Instead you could say……..

1. Alyssa is always talking and interrupting class. When the teacher talks to her about her behavior she says, “You’re always picking on me! Lauren was talking too!”

Instead Alyssa could say……….

1. Robby plays on the basketball team. He misses practice but complains to his friends stating, “It’s the coach’s’ fault that I didn’t play! I had a legitimate excuse to miss practice!”

Instead, Robby could say………