# Skill-Building Challenge Worksheet: Using I Messages and Active Listening Skills

Name: Blank Class: Blank Date: Blank

Isla and Kay have been best friends since grade school. Isla decided to get a job after school to earn money for a car. Kay’s guardian says Kay needs to focus on her schoolwork more, so Kay can’t get a job. Kay is happy Isla is making money to buy a car, but it also means they don’t get to hang out much anymore. Isla works so much that she often has to finish her homework before school or at lunch, so Kay can’t even talk with her then either. Kay is having some problems at home and really wants to talk with Isla, but every time she has tried, Isla tells her she doesn’t have time.

1. Write an *I* message explaining how Kay feels, making sure to use the four parts:

1. “I feel . . .” (taking responsibility for your own feelings)
2. “when you . . .” (stating the behavior that is a problem)
3. “because . . .” (what it is about the behavior or its consequences that you don’t like)
4. “I would really like it if . . .” (offering a preferred alternative or compromise)

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2. Write a response Isla could make to Kay’s *I* message, using active listening and making sure to include the four parts:

1. “You sound . . .”
2. “that / because . . .”
3. “Next time I will . . .”
4. “and I . . .”

3. Get a partner from the class to act out your *I* message and active listening response with a partner from class. Make sure you effectively use verbal and nonverbal communication.