"I" message (also known as an "assertiveness statement") can help you state your concerns, feelings, and needs in a manner that is easier for the listener to hear and understand

An "I-statement" focu3s 17.4 9m 3002 @ B / 173 1 1 @ 690.]EB fin1(w) (n)]EB 0 0 1 29.6 90.4 fin[)]EB 0 0 1 20.3 790.4 fin[f)-3(

Four parts of an "I" Message:

1.	"When you		,,
	•	state observation	
2.	"I feel or I think		"
		state feeling	
3.	"Because		"
		state need	
4.	"I would prefer that		"
		state preference	

Here's another pattern to the "I" Message: