

# I-messages



cloud 9 couples .co  
tools to make good couples great

learn this skill and you'll probably get more of what you want

I-messages (or I-statements) is a particular way of being **assertive** and **clear**, while **minimising defensiveness** from your partner.

It has 4 parts to it.



“ **I feel** overwhelmed **when** the kitchen is a mess. **I'd** love it **if** you would be in charge of cleaning it on Mondays, Wednesdays, and Fridays ”



make this easily actionable by being clear, specific, and realistic

The basic vibe you want to be giving is  
“you're good person, and I'd love your help”



[video instructions](#)

R004 - I-messages - download at [cloud9couples.co/resources](http://cloud9couples.co/resources)  
or [cloud9couples.co/b/004](http://cloud9couples.co/b/004)