Practice Positive Communication

Communication Action Plan

Good communication involves how you talk to your loved one and when you talk to them. Other important communication components include: 1) use brief statements, 2) keep it in the present, 3) focus on the positive, 4) use "I" statements, and 5) show understanding.

Things that might get in the way of good communication are:
(After implementing communication skills) Here's what went well when I spoke with my loved one:
Next time, I will:

