6 Steps to Healthy Communication

6 "WE" SPEAK

"Can **we** talk more about this? I am hopeful **we** can make this work for **us** and **our** family."

- Unify, Unite, Bring Together -

5 "I" STATEMENTS

"I **feel** unimportant when... we don't discuss discipline together before talking to the kids."

- Avoid "You" Statements! → Defensiveness -

4 VALIDATE

"That sounds really hard (very important)"

It's not about fixing the problem,
it's about honoring the other person's reality

- It's Not About The Nail, youtube video -

3 INQUIRE - "TELL ME MORE"

"Tell me more, please. I want to understand." Invite dialogue

- "You're being heard." -

2 REFLECTIVE RESPONSE

"So, if I understand what you are saying... Do I have it right?"

- Clarify -

1

LISTEN, LISTEN, LISTEN



Listen 2x
Speak 1x

Healthy Communication

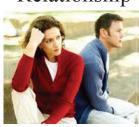
What it is-

- Kind
- Tactful
- Soft
- Empathetic
- Diplomatic
- Positive
- Validating
- Empowering

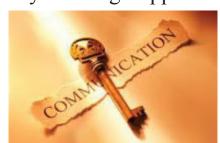
What it is not-

- Critical
- Demeaning
- Condescending
- Abusive
- Hurtful
- Disengaged
- Negative
- Threatening

Strained Relationship



Key=Timing+Approach



Strong Relationship

