

# 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**

$$\frac{\text{Ear with question mark} \quad \text{Ear with question mark}}{\text{Lips}} = \frac{\text{Listen } 2x}{\text{Speak } 1x}$$

## Healthy Communication

<i>What it is-</i>		<i>What it is not-</i>	
• Kind	• Tactful	• Critical	• Demeaning
• Soft	• Empathetic	• Condescending	• Abusive
• Diplomatic	• Positive	• Hurtful	• Disengaged
• Validating	• Empowering	• Negative	• Threatening

Strained Relationship



Key=Timing+Approach



Strong Relationship

