ADULTS | EDUCATIONAL GUIDE

Developing Healthy Communication Habits



WHAT THIS IS

Healthy communication is clear, respectful, and curious. Small habits make a big difference in relationships.

HOW TO USE IT

1. Pick one habit to build.
2. Practice with a low-stakes topic.
3. Notice how others respond.

EXAMPLE

"I felt worried when you were late. Can we agree to text if plans change?"

Habits to build

- Listen to understand, not to win
- Use "I" statements
- Ask before assuming
- Pause when upset
- Say what you need

Habits to ease

- Interrupting
- Name-calling or sarcasm
- Silent treatment
- Bringing up old issues
- "Always" and "never"

Try this formula

When _____ happens, I feel _____.

I need _____. Would you be willing to _____?

Reflect

Which habit do I most want to build?

_____

What is hardest for me to say out loud?

_____

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