



## Healthy Communication Exercise

Healthy communication is an important part of any successful relationship (families, couples, friends, etc.). It can also help create an atmosphere of understanding, respect, and trust. Following these steps can help build a foundation for successful communication in your relationships, leading to healthier and happier outcomes over time. To practice healthy communication in your relationships, try this exercise:

1. Find a calm environment to talk without interruption.
2. Take turns expressing thoughts, feelings, and needs without blaming or attacking one another.
3. Listen to each other with an open mind, focusing on understanding and validating the other person's feelings rather than focusing on the content of their words.
4. Speak clearly and avoid talking over one another.
5. When offering feedback, be sure to frame it in a positive way and focus on constructive criticism.
6. Take breaks if necessary, and come back to the conversation when both parties feel calm and ready to discuss further.
7. Find common ground by focusing on shared values or goals.
8. Acknowledge each other's points of view, even if you don't agree.
9. Respect each other's boundaries and be willing to compromise if needed.
10. Summarize the outcome of the conversation and agree on any steps that need to be taken moving forward.