Communication Worksheet

*Communication in relationships is important. Whether with your friends, family, or romantic partners, communicating your thoughts, feelings, and needs helps avoid misunderstandings and misinterpretations by being honest and open. Establishing what is important to you and how another person can treat you how you want to be treated in a relationship.*

1. What makes communicating in relationships difficult for you (fears, challenges etc.)?

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1. What experiences have you had telling people what you need that makes you feel this way.

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1. How can communicating your needs impact your relationships (positively or negatively)?

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1. Communication can be difficult. Sometimes, communicating our feelings means possibly receiving a negative reaction. However, if communicating your needs is a problem (and your needs are important), then are negative impacts in this sense really negative, or are they reflective of the relationship?

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*Remember: Don’t be critical. Be positive and compassionate when communicating with one another.*