

# Practice Positive Communication

## Communication Action Plan

Good communication involves how you talk to your loved one and when you talk to them. Other important communication components include: 1) use brief statements, 2) keep it in the present, 3) focus on the positive, 4) use “I” statements, and 5) show understanding.

Good times for me to talk to my loved one are:

Communication patterns I want to avoid are:

Communication strategies I can try are (list all possible):

The first communication strategy I am going to try is:

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Things that might get in the way of good communication are:

(After implementing communication skills) Here's what went well when I spoke with my loved one:

Next time, I will: