

Practice Conversation

STUDIO 5 NOTES: "THE KEY TO STRONGER RELATIONSHIPS"

Relationship:

Pick someone to do a practice conversation. Spouse, sibling, parent, child, relative, neighbor.

N A M E : _____

Possible Conflict:

What is a typical conversation regarding this conflict? What are the tones of each person, body language, end result, feelings afterward.

How can I respond effectively:

Write an ideal response for each category of effective communication. Record verbal and nonverbal: body language, tone, words, improved listening, speak gently.

Empathy:

Acknowledge the other person's feelings

Find some truth in their words

Assertiveness:

Use "I

Statements"

Express yourself openly & tactfully

Respect:

Convey caring & respect

Speak gently even if frustrated or annoyed
