

FAMILY COMMUNICATION

Strengthening Effective Communication

Instructions: Use this worksheet to help family members practice and improve their communication skills. Each member should take turns answering the questions and discussing their responses.

1

Expressing Feelings

What are you feeling right now?

Your Answer: _____

Family Member's Response: _____

2

Active Listening

Practice active listening by repeating what the other person has said and asking for clarification.

For example:

Family Member A: "I feel frustrated when I'm not heard."

Family Member B: "I hear you saying you feel frustrated when you're not heard. Can you tell me more about that?"

3

"I" Statements

Use "I" statements to express your feelings without blaming others.

For example: "I feel hurt when my opinions are dismissed."

Write and share your own "I" statements.

Your "I" Statement: _____

Family Member's Response: _____

4

Conflict Resolution

Scenario: Describe a recent conflict and how it was handled.

Conflict Description: _____

How It Was Handled: _____

Improvement Plan: Discuss how the conflict could be handled better in the future.

Plan: _____

5

Setting Boundaries

Exercise: Identify and discuss personal boundaries.

Your Boundary: _____

Family Member's Boundary: _____

6

Building Support

Question: How can we support each other better?

Your Answer: _____

Family Member's Response: _____

Reflection: After completing the worksheet, discuss as a family what you learned and how you can apply these communication techniques moving forward.