Constructive Family Communication Patterns

Rank how well your family usually communicates with each other: (1 = hardly ever, 2 = sometimes, 3 = very often)

___ Express anger without lashing out
___ Use “I” statements. “I’m angry when you did_____”
___ Take turns, keep it short
___ Point out the positives and the negatives
___ Listen: calmly disagree
___ Tell it straight and short
___ Make eye contact
___ Talk in a normal tone
___ Don’t jump to conclusions
___ Stick to the present
___ Ask others’ opinions
___ Request nicely
___ Say what’s bothering you
___ Take what people tell you seriously
___ Admit you did it or calmly explain you didn’t
___ Admit no one is perfect; overlook small things

Adapted from: Problem solving Communication Training, Robin, Bedway & Gilroy.

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