

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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