



## **Effective Communication**

Why do I feel uneasy or insecure (activated or deactivated) in this relationship?  
What specific actions by my partner make me feel this way?

- 1.
- 2.
- 3.

What specific action/s by my partner would make me feel more secure and loved?

- 1.
- 2.
- 3.

Which of the above actions do I feel most comfortable bringing up and discussing?