



## **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?

### **Five Secure Principles for Resolving Conflict**

1. Show basic concern for the other person's well being.
2. Maintain focus on the problem at hand.
3. Refrain from generalizing the conflict.
4. Be willing to engage.
5. Effectively communicate feelings and needs.