



BroknOpen

NOT YOUR AVERAGE THERAPIST

EFFECTIVE COMMUNICATION

Speak Clearly. Listen Fully.



Healthy communication helps you build stronger relationships, reduce conflict, and feel truly heard.



WHEN YOU'RE SPEAKING

- ♥ Be clear and specific.
- ♥ Keep it brief—don't over-explain.
- ♥ Use "I" statements.
- ♥ Describe the behavior or situation, not the person.
- ♥ Say what you need or what would help.
- ♥ Avoid "always" and "never."
- ♥ Don't assume you know the other person's intentions.
- ♥ Stay respectful even when you disagree.

EXAMPLE:

"I feel overwhelmed when plans change last minute. I need more notice so I can plan my time."



WHEN YOU'RE LISTENING

- ♥ Let them finish before responding.
- ♥ Listen to understand, not to prepare your comeback.
- ♥ Show that you're listening through attention and body language.
- ♥ Reflect back what you heard.
- ♥ Ask questions when you're unsure.
- ♥ Look for the feeling or need underneath the words.
- ♥ Find points of agreement without pretending you agree with everything.
- ♥ Own your part when appropriate.
- ♥ Ask: "What would feel helpful right now?"

EXAMPLE:

"What I'm hearing is that you felt disappointed because the plans changed without notice. Did I get that right?"



WHEN COMMUNICATION GETS HARD



PAUSE

Take a breath.
Don't react right away.



CLARIFY

Ask questions and make sure you understand.



VALIDATE

Acknowledge the other person's feelings.



RESPOND

Share your truth calmly and respectfully.



Hard Truth:

Being heard and getting your way are not the same thing. Healthy communication makes room for both people.



Reflection Prompt



What's one communication habit you want to improve?
How will it help you and your relationships?

.....
.....
.....



Your voice matters. Their voice matters. Connection matters.

