

COMMUNICATION PROMPTS

Many women would like to communicate in a more gentle and effective manner, however, when the time comes to express themselves, or respond to feedback, they are at a loss for words. The following is a list of essential components for productive conversations, along with "openers" to assist you in incorporating these essentials. Utilize this for practice, or if your partner is open to it, you can both use this as a guide to help you find the right words during those tough conversations.

COMPLETE EACH SENTENCE ACCORDINGLY

Accountability

I acknowledge that I...

I take responsibility for...

I admit that I...

Receptivity

I receive...

I can accept...

Cooperation

I am open to...

I'm willing to...

I want to try...

It won't hurt me to...

Understanding

It makes sense that...

From listening to you, I understand that...

I can see how...

Logic/Realism

Based on the facts...

When I think about what actually happened...

Based on what took place...

Honesty

To be transparent...

In all honesty...

Truthfully speaking...

Clarification

So, to be sure we're on the same page...

To reiterate...

Just to clarify...

Before we move on, I'd like to recap...

Solution

From now on I will...

My plan is to...

Moving forward I will...

