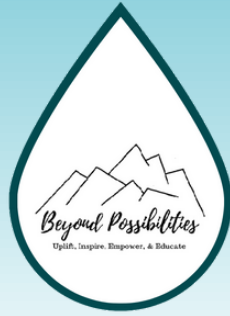


HEALTHY COMMUNICATION *Journal*



INCLUDES 5
JOURNAL PAGES

HEALTHY COMMUNICATION *Journal*



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**PRINT THE WHOLE JOURNAL OR THE PAGES YOU FIND MOST
BENEFICIAL FOR YOU AND YOUR FAMILY.**

This Book Belongs To

Time of Day	Current Emotion(s)	Intensity (0-10)	Notes
Morning			
Afternoon			
Evening			

STEP 2: "I" STATEMENT PRACTICE

EXAMPLE:

SITUATION: PARTNER INTERRUPTS ME

FEELING: HURT

TRIGGER BEHAVIOR: BEING CUT OFF

DESIRED OUTCOME: BEING HEARD

"I" STATEMENT: "I FEEL HURT WHEN I'M INTERRUPTED BECAUSE I WANT TO FEEL HEARD. CAN WE TAKE TURNS SPEAKING?"

WRITE DOWN ONE CONVERSATION WHERE YOU USED REFLECTIVE LISTENING TODAY.

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STEP 4: DAILY COMMUNICATION INTENTION

- **MORNING: SET AN INTENTION. "TODAY, I WILL SPEAK WITH CLARITY AND KINDNESS."**
- **EVENING: REFLECT. "WHICH CONVERSATIONS FELT HEALTHY? WHAT CAN I ADJUST TOMORROW?"**



USE THIS LOG TO TAKE RESPONSIBILITY FOR MISCOMMUNICATIONS AND RESET RELATIONSHIPS.

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Lined writing area with horizontal lines.