HEALTHY COMMUNICATION

Journal

Beyond Possibilties

Uplift, Inspire. Empower, & Educate

INCLUDES 5
JOURNAL PAGES



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

	This Book Belongs To	

"STEP 1: EMOTION CHECK-IN PAUSE, LABEL YOUR EMOTIONS, AND REFLECT BEFORE RESPONDING.

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

S	TE	Ρ	2:	"["	ST	AT	EM	EN	T P	RA	CT	CE

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?"

STEP 3: REFLECTIVE LISTENING EXERCISE WRITE DOWN ONE CONVERSATION WHERE YOU USED REFLECTIVE LISTENING TODAY.



• REPEAT BACK WHAT THE OTHER PERSON IS SAYING IN YOUR OWN WORDS.

ASK: "DID I UNDERSTAND THAT CORRECTLY?"				

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?"

STEP 5: REPAIR LOG USE THIS LOG TO TAKE RESPONSIBILITY FOR MISCOMMUNICATIONS AND RESET RELATIONSHIPS.



- WHAT WAS THE SITUATION?
- WHAT WORDS THAT HURT?
- WHAT REPAIR ATTEMPT WAS MADE?

• WHAT WAS THE OUTCOME?	

