

Relationships & Communication

Healthy communication is not about saying everything perfectly. It is about making space for honesty, listening and boundaries.

Which relationship is on my mind?

What am I finding difficult to say?

What do I want the other person to understand?

What do I need from this relationship?

What might they need from me?

What boundary may be needed?

How could I express myself without blaming or attacking?

One conversation I would like to have is...