

Name \_\_\_\_\_

Date \_\_\_\_\_

Communications Worksheet

# HOW WE COMMUNICATE?

Use this worksheet to explore how you communicate with member of your family.

Family member

Rate how well you and this person communicate (1-10)

1      2      3      4      5      6      7      8      9      10

Why did you choose this number?

\_\_\_\_\_

What usually leads to an argument with this person?

\_\_\_\_\_

What is something this person does that makes it hard to communicate with them?

\_\_\_\_\_

\_\_\_\_\_

What do you wish they would do differently in how they communicate with you?

\_\_\_\_\_

What can you say to get them to start communicating differently with you?

\_\_\_\_\_

\_\_\_\_\_

What do you think you need to do differently to improve communication?

\_\_\_\_\_

\_\_\_\_\_