

Name:

Date:

IMPROVING COMMUNICATION

Explore how you communicate with a member of your family.

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

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?