

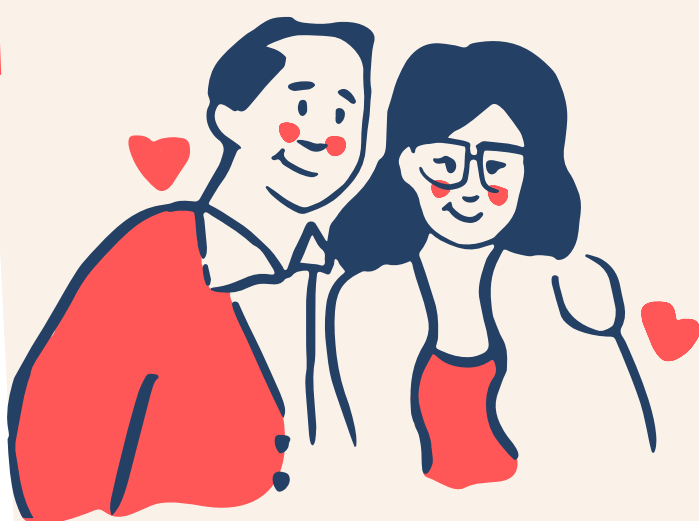
HEALTHY

COMMUNICATION

THE KEY TO A HEALTHY RELATIONSHIP IS HEALTHY COMMUNICATION.

ACTIVE LISTENING

Active listening is the process of truly engaging in the conversation. Taking in the verbal and non-verbal messages that are being sent and being able to demonstrate that you understand or at least try to

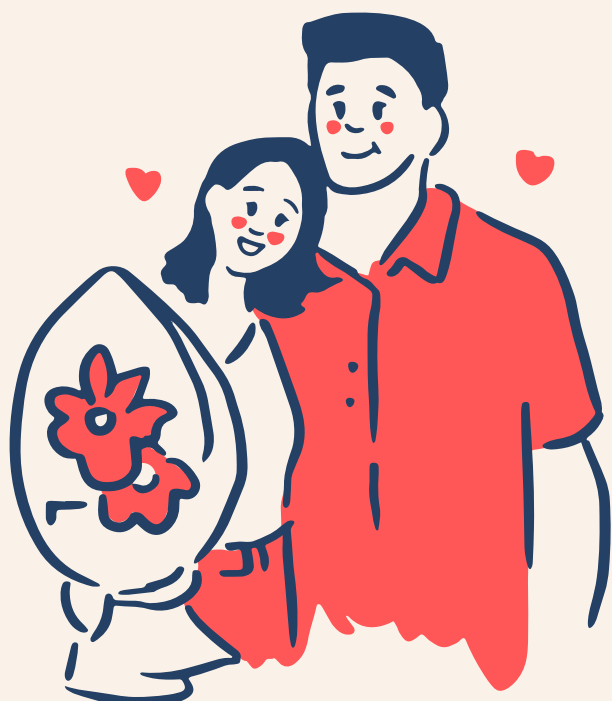


FINDING COMPROMISE

Being open to compromise is essential for healthy communication. Compromise isn't about giving up your own beliefs for your partners, but instead finding a way to blend both peoples thoughts into a solution that fits both needs

USING "I" STATEMENTS

Using "I" statements avoids placing blame in conversations while clearly explaining ones own feelings. Saying something like "I feel this way because..." allows the listener to understand the other persons feelings without feeling as though they are being blamed.



EMPATHY

Empathy and understanding don't always go hand in hand but its important to use both. While communicating, you may not always be able to understand the situation someone else is going through. However having empathy and compassion towards what they have experienced and offering a listening ear is invaluable when one isn't able to come from a place of understanding.