



# Recipe for Communication

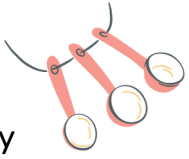


## 1 cup of listening (Add a pinch of empathy)

Listening with empathy to family and friends allows them to feel validated. Supporting validation lets those we care about know that their feelings and experiences matter. Listening with the goal of understanding, instead of trying to prove our own point, allows us to come to resolutions faster and more calmly.

## 2 tablespoons of responsibility

Taking accountability for your feelings, and sharing them in a responsible way (i.e. "I feel \_\_\_\_\_ when \_\_\_\_\_") allows you to share your experience without putting blame on the person or people you are communicating with.



## A sprinkle of directness

When communicating a need or want, be direct! Asking for help with something specific, or expressing your thoughts in a direct and clear way, leaves little room for confusion and miscommunication. Try this: "I could use some help cleaning dishes after dinner. Could you please help me for 10 minutes?"



## An ounce of planning

Need to talk about something particularly important? Sometimes, it's best to set aside time and plan to have a conversation when both parties have the time and space to give their full attention. Try setting aside time to have more important and possibly longer conversations. This will allow everyone to feel prepared and focused!



## Let it rest

Sometimes, despite all our best efforts, conversations get heated. When this happens, it's best to take some time to cool down. Try saying this: "I'm going to take a break from this conversation, can we come back to it later when we are both calmer."