

FAMILY THERAPY WORKSHEETS

COMMUNICATION:Version 2

Following is the list of tips regarding effective communication. Use this worksheet as a daily reminder to use these skills in your daily life.

Find time to connect:

Share your thoughts, what you want and don't want. Sit with everyone at home and try to connect and talk about everyone's feelings.

Have open-ended questions:

Let everyone speak their mind and ask open-ended questions, as to how was your day, so that the person has the liberty of answering your questions.

Try to ask questions related to everyone:

Don't ask questions only just for the sake of it, ask and engage in healthy conversations to get to know what is going on in the life of your other family members.

Spend time with your family.

One great way of improving your communication skills is spending time, once you spend time with your family members then you

Encourage Face to Face conversations.

One-to-one conversations that encourage you to share your emotions and feelings with one another. Maintaining eye contact and using your gestures to complete your feelings help you to uncover deeper issues.

Respect everyone in the family:

Respect and give value to everyone's opinions and ideas. Don't impose yourself on others.

Be assertive:

Don't be aggressive but be assertive, try to connect, and talk to each other.

Use technology:

Sometimes when you don't find time for face-to-face conversations, try connecting with each other by different social media platforms.

Don't Be Judgemental:

You don't have to judge anyone, just try to empathize with others, communication is not only with words. Small gestures, postures . when you tend to be too judgmental people don't share what they feel explicitly with you, which also adds to the communication problems.