

# COMMUNICATING WITHOUT ANGER

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Effective communication requires a willingness to listen to your partner's point of view without getting defensive or angry. These communication rules can help.

On a scale from 1 to 10 (1 being never, and 10 being always) rate how you typically do on each communication skill.

## **Guidelines for Communicating Without Anger**

### **1. Listen without interrupting.**

1 2 3 4 5 6 7 8 9 10

### **2. Try to hear the other person's point of view.**

1 2 3 4 5 6 7 8 9 10

### **3. Suspend your inner dialogue.**

1 2 3 4 5 6 7 8 9 10

### **4. Stick to the subject.**

1 2 3 4 5 6 7 8 9 10

### **5. Make your point without blaming the other person.**

1 2 3 4 5 6 7 8 9 10

### **6. Request a specific behavioral change. Ask what will be different after this discussion.**

1 2 3 4 5 6 7 8 9 10

### **7. Remember your partner's trigger points. Then resist the temptation to use them.**

1 2 3 4 5 6 7 8 9 10

### **8. Remember your trigger points. Then resist the temptation to react to them.**

1 2 3 4 5 6 7 8 9 10

### **9. Stay in the present. Don't bring up past disagreements.**

1 2 3 4 5 6 7 8 9 10