

RULES FOR BETTER COMMUNICATION

Having a few simple rules can make difficult conversations much easier. Read the examples below. Then design your own rules to help improve your communications with another person. Keep the rules simple and realistic so they will be easy to keep.

Examples of Communication Rules

1. Only speak from your perspective.
2. Avoid making assumptions about the intentions behind your partner's words or behaviors. Don't be a "mind-reader."
3. Don't devalue your partner.
4. Stay in the present. Don't bring up past grievances.
5. If you find yourself getting upset take a break, relax, and then resume your conversation.

Your Communication Rules

Work together with the other person to develop communication rules of your own. Keep these rules nearby when you are having a difficult conversation.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____
