

Effective Communication Prompt

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Effective Communication Prompt

This prompt is an effective communication tool that allows for clear and concise communication that focuses on our personal experiences, without blaming others.

"When you say ... [Insert quote as close to fact as possible]"

OR

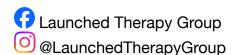
"When you do ... [Insert exact behavior as close to fact as possible]"

"The way I interpret that is ... [I statement on how you interpret their words or behavior]"

Example:

- I am not not good enough
- I am not valued
- My time is not important

"And because of that, I feel ... [Insert emotion]"



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