



Effective Communication Prompt

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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 good enough*
 - *I am not valued*
 - *My time is not important*
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“And because of that, I feel ... [Insert emotion]”