

# Positive Communication



1. Prepare a comfortable and private space and time to discuss your wants with loved ones.
  - a. Prepare to start this discussion early. The sooner we know someone's wishes the more time we have to adjust and become comfortable to accommodating and being okay with them.
2. Plan what problems you want to solve along with proposed solutions.
3. Ask permission to have the conversation to make sure the participants are open and willing to be a part of the discussion.

Prepare  
Plan  
Ask

## Positive Communication Skills:

- Active Listening
- Exploration of all options to find common ground
- Empathy
- Transparency- Be direct about what you want and need
- Provide reassurance and validation for all parties in the conversation.
- Thank them for provided listening and being a part of your conversation.
- Red Flags: If any of these occur, Shut the conversation down!
  - Examples: Violence, yelling, emotional shut down, defensiveness, Criticism, blaming.