

HEALTHY VS UNHEALTHY COMMUNICATION TIPS/STATEMENTS

UNHEALTHY COMMUNICATION HABITS

**AVOIDING EYE
CONTACT OR RESPONDING
TO CORRESPONDENCE**

**RESPONDING
QUICKLY WITHOUT PAUSING
FOR REFLECTIVE THOUGHT**

**INTERRUPTING
OR NOT LISTENING**

**ASSUMING &
GIVING UNSOLICITED ADVICE**

HEALTHY COMMUNICATION HABITS

**BE OPEN
TO BOTH GIVE &
RECEIVE FEEDBACK**

**ADAPT YOUR
COMMUNICATION STYLE
FOR THE AUDIENCE**

**SHOW EMPATHY
BE RESPECTFUL**

**BE AN ACTIVE
LISTENER, PAY ATTENTION**

HERE ARE SOME HELPFUL PHRASES TO SHOW LOVE & SUPPORT:

I'm sorry this has happened to you.

If you ever feel like talking,
I'm here to listen.

I hear your point of view. I will
process so I can better understand.

What are you thinking of doing,
and would you like my help?

I love/care about you. I'm thinking
about you and your loved ones.

Thank you for sharing that with me.

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*Not intended to be a substitute for professional medical advice, diagnosis, or treatment.
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