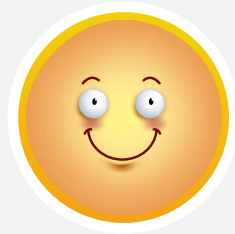


TIPS FOR GOOD COMMUNICATION



USE "I" STATEMENTS



ASK YOURSELF
"WOULD I RATHER BE HAPPY,
OR BE RIGHT?"



BE EASY TO TALK TO

REMAIN RESPECTFUL

OF THE OTHER PERSON, EVEN IF YOU DON'T LIKE THEIR ACTIONS



BE OPEN TO LISTEN TO OTHERS' PERSPECTIVE



BE HARD ON THE PROBLEM, NOT THE PEOPLE



KEEP THE CONVERSATION GOING

UNDERSTAND THAT

ACKNOWLEDGMENT AND LISTENING ARE NOT THE SAME AS OBEYING



HAVE AWKWARD CONVERSATIONS IN REAL TIME



YOU CAN USE APPS LIKE HAPPY COUPLE TO IMPROVE YOUR RELATIONSHIP



GIVE THE BENEFIT OF THE DOUBT

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