

Below are some ideas for healthy communication.

- o Notice when you feel anger or resentment arising in your body.
- o If you feel you are about to say something you might regret, practice using the STOP technique developed by author Carla Naumburg, PhD:
 - Stop what you're doing
 - o Take a breath
 - Observe what you're doing
 - Proceed (with a healthier alternative)
- Use "I" statements instead of "You" statements—for instance, "I feel annoyed that we are going to be late," versus "You're always late; you must be doing it to annoy me."
- Use empathy, that is, put yourself in the other's shoes and try to imagine what they might be feeling at that moment.
- o Apologize—learn to say a simple "I'm sorry" for past hurts and for those that might arise, even if your partner might not be ready to forgive you.
- o Forgive yourself. Accept that you are imperfect. Practice self-compassion toward the part of yourself that is trying to learn new skills.
- o Do some research about "active listening," that is, how to be a better, more open-minded, open-hearted listener.

Event or Situation/Conflict	What you said	What you could have said differently?	What skill or strategy would be helpful next time?