

## 9 Healthy Ways to Communicate

1. **Reflect** back what is being said. Use their words, not yours.
  2. **Begin where they are**, not where you want them to be.
  3. **Be curious and open** to what they are trying to say.
  4. **Notice** what they are saying and what they are not.
  5. Emotionally **relate** to how they are feeling. **Nurture** the **relationship**.
  6. Notice how you are feeling. **Be honest** and **authentic**.
  7. **Take responsibility** for your part in the conflict or misunderstanding.
  8. Try to understand how **their past** affects who they are and how those experiences affect their relationship with you.
  9. Stay with the **process** and the **relationship**, not just the solution.
- 

## The Art of Mindful Inquiry

ASK QUESTIONS: AS A-----

“What I **heard** you say was...”

“**Tell me more** about what you meant by...”

“What **angered** you about what happened?”

“What **hurt** you about what happened?”

“What’s **familiar** about what happened?”

“How did that **affect** you?”

“How does it **affect you now**?”

“What do you **need/want**?”

----(*Stirfry Seminars & Consulting, 2011*)