

Ways to
FamilyTALK
for Satisfying Relationships

- Share everyday happenings.
- Show fondness and admiration.
- Bring up tough issues "softly."
- Avoid using the word YOU to blame.
- Use 'I' statements to talk about problems.
- Make messages short during disagreements.
- Be respectful even during conflict.
- Agree on rules for difficult discussions.
- Suggest a "time out" to cool down.
- Calm your body in times of conflict.
- Be willing to compromise.
- Listen to each other's hopes and dreams.

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FIVE
positive interactions
TO
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