

COMMUNICATION SKILLS

Use active listening	Aggressive communication	Be aware of your body language	Passive communication	Express feelings with words
Avoid giving putdowns	Use I statements	Give compliments	Ask questions	No yelling
Take a time out if needed	Use calm but firm voice	FREE	Assertive communication	Be respectful to others
Consider other's perspectives	Speak clearly	Discuss one issue at a time	Be patient with yourself	Express yourself honestly & kindly
Be direct	Attempt a compromise	Make eye contact	Use healthy calm down skills	Avoid making assumptions

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Use calm but firm voice	Ask questions	Passive communication	Avoid giving putdowns	Give compliments
Be aware of your body language	Use healthy calm down skills	Express feelings with words	Attempt a compromise	No yelling
Consider other's perspectives	Assertive communication	FREE	Be respectful to others	Aggressive communication
Be patient with yourself	Make eye contact	Use active listening	Avoid making assumptions	Speak clearly
Discuss one issue at a time	Express yourself honestly & kindly	Take a time out if needed	Use I statements	Be direct

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Attempt a compromise	Make eye contact	Ask questions	Express yourself honestly & kindly	Assertive communication
Use active listening	Consider other's perspectives	Discuss one issue at a time	Use I statements	Express feelings with words
Take a time out if needed	Avoid making assumptions	FREE	Speak clearly	Be patient with yourself
Use calm but firm voice	No yelling	Passive communication	Use healthy calm down skills	Be aware of your body language
Be respectful to others	Aggressive communication	Give compliments	Avoid giving putdowns	Be direct