

Helpful vs Harmful Communication



Think about the behaviours on the back of this card. If you can relate to them in your relationship would they be '*always*', '*sometimes*', '*never*'

Always

Sometimes

Never

Helpful vs Harmful Behaviour Cards



Come up with lots of possible solutions	Asking each other's point of view	Using insults to make your point and share your feelings	Considering issues from somebody else's point of view
Ending an argument both feeling that you have been heard	Using examples from the past to prove you're right	Ending an argument upset and angry	Interrupting to get your point of view across
Allow each other the opportunity to express your views	Recognising that whilst you may not agree, your partner has a valid point	Pointing out your partner's flaws when they support your argument	Withdrawing from the conversation as it's not going your way
Check out what you agree about	Choosing the right time	Raising your voice to make sure you get your point of view across	Explaining how the situation is making you feel