

Name: _____

Date: _____

COMMUNICATION

Communication Technique	How can you use it?
Validate the other person's thoughts and feelings.	
Communication Technique	How can you use it?
Be approachable.	
Communication Technique	How can you use it?
Take a moment to think before you speak. Don't say things that you don't really mean and will regret later.	
Communication Technique	How can you use it?
Listen when others are speaking to you. Respond to them in a way that tell them you are listening.	