

boundary communication worksheet

brainstorming how to communicate more kindly for myself + others

RICHMOND SEX ED PROJECT

2018

DEFINE-EMPATHETIC COMMUNICATION

draw your ideal scenario / scene for having a tough conversation
WHERE ARE YOU? WHAT DO YOU HAVE WITH YOU? HOW DID YOU PREPARE?

When it comes to communicating, I struggle with....

- 1.
- 2.
- 3.
- 4.
- 5.

When it comes to communicating, my strengths are:

- ①
- ②
- ③
- ④
- ⑤

I WILL TRY TO COMMUNICATE MORE EMPATHETICALLY BY.....

- | | | |
|---|--|--|
| <input type="checkbox"/> being more honest about how I feel / what I want | <input type="checkbox"/> having conversations in person | <input type="checkbox"/> apologizing when I hurt someone |
| <input type="checkbox"/> making more eye contact | <input type="checkbox"/> communicating directly with the people involved | <input type="checkbox"/> being open to being wrong |
| <input type="checkbox"/> asking questions | <input type="checkbox"/> receiving without getting defensive | <input type="checkbox"/> _____ |
| <input type="checkbox"/> not making assumptions | <input type="checkbox"/> not cutting people off while speaking | <input type="checkbox"/> _____ |
| | | <input type="checkbox"/> _____ |
| | | <input type="checkbox"/> _____ |

PLEASE USE THE BACK IF YOU NEED MORE SPACE!