HEALTHY COMMUNICATION PLANNER

DATE _____ **TIME** _____

Slow down. Get clear. Say what you mean with respect.

1. WHAT CONVERSATION DO I NEED TO HAVE?

_____

_____

_____

_____

2. WHAT AM I FEELING?

- ☐ Hurt
- ☐ Angry
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Sad
- ☐ Frustrated
- ☐ Calm
- ☐ Unsure
- ☐ Other: _____

3. WHAT DO I WANT THEM TO UNDERSTAND?

_____

_____

_____

_____

4. WHAT DO I NEED?

- ☐ Honesty
- ☐ Reassurance
- ☐ A boundary
- ☐ Respect
- ☐ Clarity
- ☐ Time
- ☐ Space
- ☐ Accountability
- ☐ Other: _____

5. HOW CAN I SAY IT CLEARLY?

When _____, I feel _____.

What I need is _____.

I am asking for _____.

6. WHAT WILL HELP ME STAY CALM?

- ☐ Pause first
- ☐ Choose the right time
- ☐ Take breaths
- ☐ Keep it short
- ☐ Bring notes
- ☐ Leave if unsafe

7. MY NEXT STEP

_____

_____

_____

_____

Clear communication is a form of self-respect.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.