

Meme Triad: Communication (Problem-Focused)

Name: _____ Date: _____

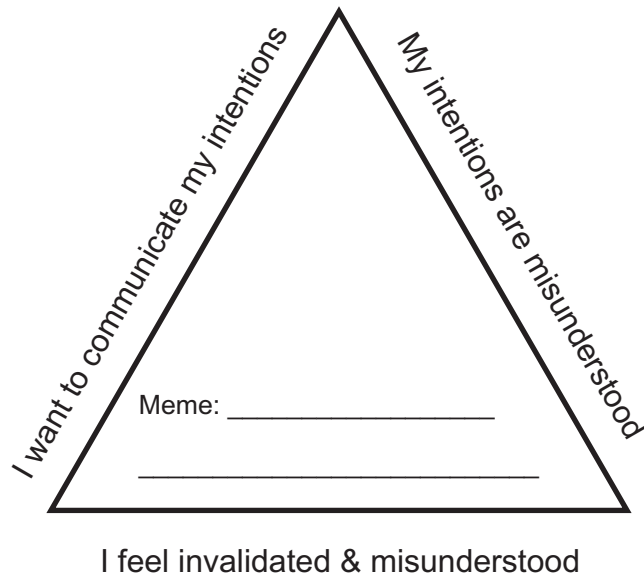
Miscommunication is a primary cause of emotional aggression. When we don't feel heard and understood, our moods suffer. We cannot, however, control how other people receive our attempts at communication. We can only change our own communication style.

In the 'Meme' space below, write a meme that has kept you from communicating effectively. In the 'What' space below, write down what it is you are trying to communicate that has often been misunderstood.

In the 'Why' space below, write down why you feel your attempts at communication have been misunderstood. Remember to keep the focus on your behavior, and not your partner's. You can only change what you do, and not what your partner does!

In the 'How' space below, write how you feel invalidated and disrespected. What's behind those feelings? How do they show up in your body? In your mind? In your heart?

After answering these questions, which side of the triangle would be the easiest to change? How might you go about changing one of the triangle sides to avoid communication problems in the future?



What: _____

Why: _____

How: _____
