

Meme Triad: Communication (Solution-Focused)

Name: _____ Date: _____

Effective communication is a primary way to build strong relationships. When we feel heard and understood, our moods improve, and so do our relationships. When we realize that we cannot control how other people receive our attempts at communication, we begin to focus on what we can change. It is then that we learn to become effective communicators.

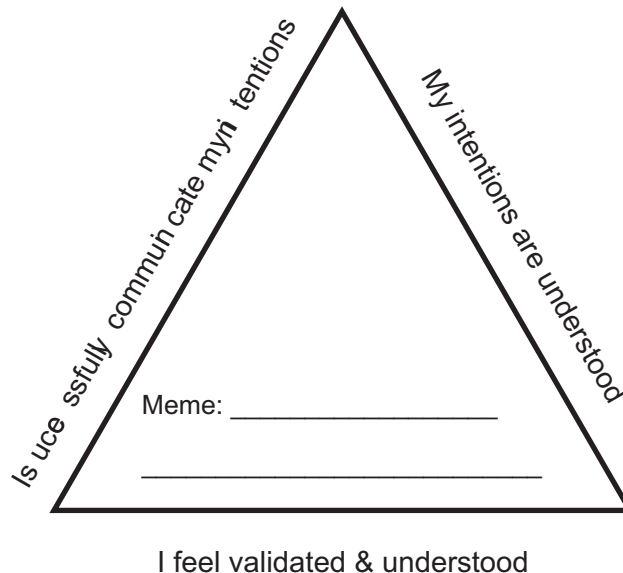
In the 'Meme' space below, write a meme that has helped you to communicate effectively.

In the 'What' space below, write down what the result of this effective communication has been.

In the 'Why' space below, write down why you feel this meme helped you succeed in your ability to communicate.

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

After answering these questions, how might you use these skills to more effectively communicate in other areas of your life?



What: _____

Why: _____

How: _____
