

Paving the way to healthy communication

This activity will allow participants to develop their understanding of what forms the basis of healthy communication and its importance.

Materials

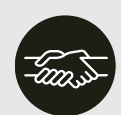
- Board and chalk (or pencil)
- Logbook (e.g.: Canada notebook) and pencils for the participants.
- Appendices 1 «8 key elements to foster healthy communication» and 2 «How I felt when...»

How it works

- Presentation of the 8 elements for healthy communication (Activity Sheet 1)
- Individual reflection on these elements
- Group feedback and conclusion (Activity Sheet 2)

Instructions

- 1.** Read the content of Activity Sheet 1 to participants. You can use a table to record the keywords for each element (bolded words) to provide visual support.
- 2.** Then invite participants to take a few minutes to reflect on a current situation where they would like to tell someone (partner, family member, friend, etc.) how they think, an emotion or a need.
- 3.** Once they've identified a situation, invite them to record in a logbook how they are going to proceed, keeping in mind the 8 key elements discussed earlier.
- 4.** Return to the full group and ask the questions in Activity Sheet 2. Invite participants to volunteer responses. Read the conclusion at the end of the activity.

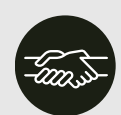


ACTIVITY SHEET 1

8 key factors to promote healthy communication

Here are 8 elements that are best put into practice to encourage healthy discussion

- 1.** Have a good **attitude**: choose a time when you will have a positive and calm attitude.
- 2.** Use «**I**» language.
- 3.** Choose a **time** that is conducive to discussion: Opt for a time when the other person will be able to listen to you.
- 4. Choose the right place:** A quiet and private place.
- 5.** Think about the main message that you want to get across: How will you make sure the other person remembers the important points you want to make? Are there any topics to avoid that would make you lose sight of the essence of your message?
- 6.** Think about your **wording**: How are you going to put your emotions, thoughts or needs into words? Remember to express yourself clearly by describing: the situation, the emotions felt, specify your experience and identify the desired solution.
- 7. Listen** to what the other person has to say in return.
- 8.** If you have different views on the situation, what is possible, find a **compromise** that will satisfy everyone.



ACTIVITY SHEET 2

How I felt when...

QUESTION 1

A. Have you ever had someone suddenly yell at you or verbally insult you? If so, how did you feel at that moment? If not, how do you think you would feel in that situation?

POSSIBLE ANSWERS FROM PARTICIPANTS :

Assaulted, intimidated, attacked, not wanting to argue with the person, wanting to respond aggressively, feeling that the other person does not care about our emotions or our point of view, etc.

B. Which basic communication need is not being met, in the above situation?

ANSWER : 1. Have a good attitude

QUESTION 2

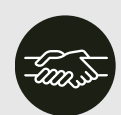
A. Have you ever had someone express their displeasure to you by accusing you of all sorts of things ? (e.g., You always do that., You never understand anything, You make me react like this., You never listen to me., etc.). If so, how did you feel at that moment? If not, how do you think you would feel in that situation?

POSSIBLE ANSWERS FROM PARTICIPANTS :

Attacked., misunderstood, incompetent, accused, inadequate, not knowing what to do about it, not understanding what the other person really wants, etc.

B. Which basic communication need is not being met, in the above situation?

ANSWER : 2. Use «I» language



ACTIVITY SHEET 2

How I felt when...

QUESTION 3

A. Have you ever had a situation where someone didn't choose the right moment, or the right place to discuss an important topic with you? (E.g: Your partner starts discussing your budget and personal expenses over dinner with friends). If so, how did you feel at that moment? If not, how do you think you would feel in that situation?

POSSIBLE ANSWERS FROM PARTICIPANTS :

Feeling «pushed to the wall», not being focused on the conversation, worrying about being watched or listened to, feeling humiliated, refraining from saying whatever you want to say for fear of other people's judgment., etc.

B. Which basic communication need is not being met, in the above situation?

ANSWER : 3. Choose a time for discussion and 4. Choose the right place.

QUESTION 4

A. Have you ever wanted to discuss an important topic with someone and found that the other person didn't understand what you really wanted to say ? If so, how did you feel at that moment? If not, how do you think you would feel in that situation?

POSSIBLE ANSWERS FROM PARTICIPANTS :

Being disappointed in yourself, being angry, having a bad memory of this discussion, feeling a weight on one's shoulders, being angry at the other person because they didn't understand, feeling powerless, running out of ideas, etc.

B. Which basic communication need is not being met, in the above situation?

ANSWER : 5. Think about the main message you want to get across, and 6. Reflect on the wording of the statement.



ACTIVITY SHEET 2

How I felt when...

QUESTION 5

A. Have you ever had someone express their dissatisfaction with a situation, but not give any importance to your opinion about it? If so, how did you feel? If not, how do you think you would feel in that situation?

POSSIBLE ANSWERS FROM PARTICIPANTS :

Not feeling important, feeling that the other person only cares about their own needs, feeling misunderstood, feeling forced to think like the other person, feeling frustrated, etc.

B. Which basic communication need is not being met, in the above situation?

ANSWER : 7. Listening to what the other person has to say in return, and 8. Finding a compromise that satisfies everyone

It's important to pave the way to good communication in our relationships by incorporating these basic healthy habits into our interactions.

