Name _____

Expressing Feelings and Needs: The Art of Healthy Communication

Short Answer

1. Why is it important to identify and understand your feelings before expressing them to someone else?

2. Provide an example of an "I" statement, following the given format, to express frustration.

3. How can you show respect and calmness when expressing your feelings and needs in a relationship?

4. Describe the concept of negotiation and compromise in communication and when they might be needed.

5. Explain why it's essential to practice and be patient when working on your communication skills.

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