

Name _____

Expressing Feelings and Needs: The Art of Healthy Communication

Open-Ended Response Questions

1. Share a personal experience where effective communication (expressing feelings and needs) improved a relationship. How did it change the dynamics of the relationship?
2. Think of a time when you found it challenging to express your feelings and needs, and it led to misunderstandings or conflicts. Reflect on what you could have done differently to communicate more effectively.
3. Discuss the role of empathy in active listening and how it can enhance communication in relationships. Provide an example to illustrate your point.
4. Imagine a situation where you and a friend have conflicting needs or desires. Explain how negotiation and compromise could help resolve the conflict and maintain the friendship.

