

Name \_\_\_\_\_

## Expressing Feelings and Needs: The Art of Healthy Communication

### Multiple Choice Answer Key

1. b) It helps express thoughts, emotions, and desires.
2. b) A statement that expresses your feelings and needs without blaming or accusing.
3. b) Paying full attention, asking questions, and showing empathy.
4. b) In a respectful and calm manner.
5. c) They ensure that both parties find a solution that works for them.

