

Name \_\_\_\_\_

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

### Short Answer Key

1. Identifying and understanding your feelings before expressing them helps you communicate more effectively and ensures that you can express yourself clearly and accurately.
2. (Example) "I feel frustrated when I have to repeat myself multiple times because it makes me feel like you're not listening."
3. Showing respect and calmness involves avoiding hurtful language, raising your voice, and blaming others. Instead, focus on clear and constructive communication by using "I" statements and being patient.
4. Negotiation and compromise involve finding common ground when conflicting needs or desires arise in a relationship. They might be needed when both parties have valid concerns and want to maintain a healthy relationship.
5. Practicing and being patient are essential because effective communication is a skill that improves with time and experience. The more you practice, the better you become at expressing your feelings and needs.

