

Name _____

Talk it Out: The Power of Effective Communication in Healthy Relationships

Short Answer Key

1. Active listening can improve communication in a relationship by showing that you are engaged and interested in what the other person is saying. It helps build trust and understanding.
2. Poor communication could lead to a misunderstanding when one person assumes the other's intentions or feelings without seeking clarification. For example, if one person doesn't respond to a message, the other might assume they are angry, when in reality, they simply didn't see the message.
3. Honesty is important in effective communication because it builds trust and credibility. It allows both parties to have confidence in the authenticity of the communication.
4. "I" statements involve expressing your own feelings and thoughts without placing blame on the other person. They are useful because they promote personal responsibility for one's emotions and encourage open, non-confrontational communication.
5. Avoiding important conversations in a relationship can lead to unresolved issues, simmering resentment, and a breakdown in trust and emotional intimacy.

