



Walker Therapy Services

TIPS FOR BETTER COMMUNICATION

- Reflective listening, this can make the person you are speaking with feel heard.
- Validation, validating their feelings lets them know that you are understanding what they are saying
- Using “I” statements, if the situation involves you expressing your feelings using “I” statements can help get your thoughts across in a positive way
- Problem solving or positive reframe, this can help turn what seems to be a negative thought or emotion into a positive one by looking at the bright side of a situation
- It is important to follow these steps in order to make communicating positive and mutually beneficial to all parties.