

# COMMUNICATION

## Breakdown

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### **Establishing patterns:**

Examine communication styles among your family. Traditionally how does your family communicate their feelings such as anger, sadness, and encouragement?

### **Reinforcing patterns:**

How do you contribute to these patterns and in what ways have you reinforced the cycle of poor communication?

Examples: do you manipulate others to see your point of view, scream, hit below the belt, avoid conversations or deflect with humor?

### **Confronting patterns:**

How do you set boundaries with those around you when they engage in negative communication patterns, especially with family members?

Do you still confuse confrontation with difficult conversations?  
Having a vulnerable conversation is not confrontational.

### **Creating new patterns:**

Have you taught yourself to listen and be present in conversations? In what ways have you engaged in healthy communication patterns?