

# COMMUNICATION IS THE KEY

- Describe a situation when someone you know was obviously bothered by something but wouldn't talk about it?
- Think of another time when you have been angry, but when people asked you what was wrong, your answer was "Nothing..."

No one can read minds, which means we must communicate our feelings in order to be understood as well as to understand the feelings of others. Take a few moments now to compile some examples of communication breakdown that you or someone you know has experienced. List the breakdown and your solutions below:



Now suggest ways that you could have approached the situation differently to build more positive relationships. How could you have expressed yourself to be better understood?

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