

# RELATIONSHIPS AND COMMUNICATION

1



Where do I say “yes” when I actually want to say “no”?

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2



What conversation am I avoiding due to fear of reaction?

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When I feel criticized, what do I hear, and what might they actually be saying?

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What boundary do I need to communicate more clearly?

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What would I change about how I communicated in my last disagreement?

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JOURNAL PROMPTS FOR SELF-REFLECTION

