



GIVE WORKSHEET

Worksheet

A Guide to Positive Communication (GIVE Skill)

G | GENTLE APPROACH

Avoid judging or demanding.
Use a soft tone.
Be kind.



PRACTICE GENTLENESS:
List one way to communicate more gently this week.

I | INTERESTED LISTENING

Show genuine interest.
Look and lean in.
Don't interrupt.



INTERESTED QUESTIONS:
List 3 open-ended questions to show you're listening.

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V | VALIDATE FEELINGS

Acknowledge and respect emotions, even if you don't agree.
"I see you're feeling..."



VALIDATION PHRASES:
Write 2 statements to validate someone.

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E | EASY-GOING MANNER

Be flexible.
Don't dominate.
Use a light touch.
Let go of a little control.



BE EASY-GOING: Describe one small thing you can be more flexible about in a relationship.
