

# HEALTHY COMMUNICATION SKILLS

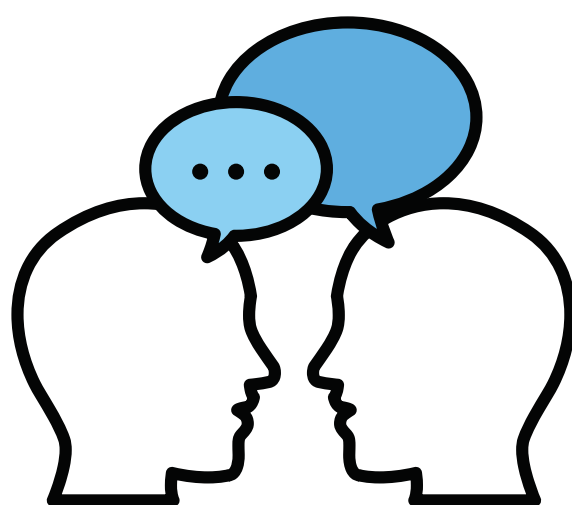
## SKILL 1: ASK QUESTIONS



Asking questions allows us to understand the information being shared with us better. For example, this skill can be helpful when we're trying to get to know someone better or to better understand someone's perspective.

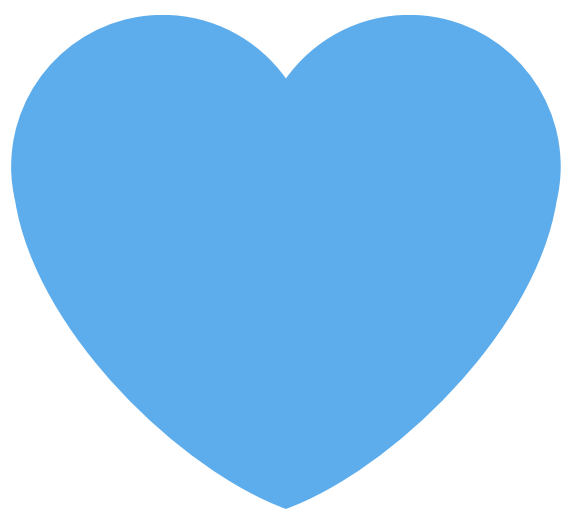
## SKILL 2: REFLECTIVELY LISTEN

Reflectively listening allows us to report back what we've understood. For example, this skill can be helpful for conflict resolution or to highlight your interest from the conversation.



## SKILL 3: EMPATHIZE

Empathizing allows us to imagine how someone feels about what's happening. For example, this skill can be helpful for building emotional connections or when supporting someone.



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