## **COMMUNICATING CLEARLY ABOUT EMOTIONS**

The following communication activity can be done alone or with your partner. Either way, it is valuable practice for the lifelong skill of communicating your emotions clearly

Clearly
1. Think of a recent relationship issue, or a conflict that has recurred. For the next two minutes, write in an unedited way about your thoughts, feelings and perceptions of this issue. (If you get stuck, switch to your non-dominant hand, and don't worry if the words are legible or grammatically correct).
Condense your issue into a short phrase (e.g., the trash, having kids, enough sex, money)