

# PRACTICING EFFECTIVE COMMUNICATION



Practicing clear and direct communication is considered the most healthy kind of communication and can help you navigate conflict with family and friends. Read more about it and other communication types below:

## CLEAR AND DIRECT

**Clear:** Emotions and thoughts are expressed clearly using transparent and understandable language.

**Direct:** The speaker is specific about who they are addressing their concerns to.



"I feel annoyed because you did not help me fold the laundry when I asked you to help."

## UNCLEAR AND DIRECT

**Unclear:** The speaker does not explicitly state the emotions they want to talk about or the specific incident they want to address.

**Direct:** The speaker is specific about who they are addressing their concerns to.



"I feel like you don't listen to me when I ask you to help me."

## CLEAR AND INDIRECT

**Clear:** Emotions and thoughts are expressed clearly using transparent and understandable language.

**Indirect:** Who the speaker wishes to address is not clearly expressed or apparent.



"I feel annoyed because no one helped me fold the laundry."

## UNCLEAR AND INDIRECT

**Unclear:** The speaker does not explicitly state the emotions they want to talk about or the specific incident they want to address.

**Indirect:** Who the speaker wishes to address is not clearly expressed or apparent.



"No one is willing to help me these days."

## TIPS TO IMPROVE COMMUNICATION

### COMMUNICATE CANDIDLY AND FREQUENTLY

Check in with one another, be honest about boundaries, and find creative ways to stay in touch.

### PRACTICE POSITIVITY

Flexibility, honesty, and other affirmations set the tone for positive communication.

### PRACTICE GOOD LISTENING SKILLS

Pay attention to verbal and non-verbal cues and acknowledge the feelings of others.

### USE COMMUNICATION RESOURCES

Seek guidance from mental health professionals and resources during times of conflict.

## TOKYO MENTAL HEALTH



We offer counseling and psychological services to help you navigate conflict, improve communication with your loved ones, and cope with other life challenges.

Visit us at: <https://www.tokyomentalhealth.com> to view our services, find mental health resources, or book an appointment.

#### Sources:

Epstein, N. B., Bishop, D., Ryan, C., Miller, & Keitner, G., (1993). "The McMaster Model View of Healthy Family Functioning." Normal Family Processes (pg. 138-160). The Guilford Press: New York/London.

# Health Communication In Practice

**M Mosston**



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