

Courteous Communication

LESSON 4

Consider your last argument with your coparent.

What were your immediate assumptions about their intentions?

How could that argument/miscommunication have been avoided?

In similar future situations, how could your style of communication be more helpful and productive up front?

Write about a time your communication went so well that you felt calm and relaxed about the outcome?

What is your takeaway from that successful conversation to replicate in future scenarios?
