

# Courteous Communication

7 KEYS TO BETTER COMMUNICATION: LESSON 4



**coparent**  
ACADEMY



Don't laugh - we're serious!

Be considerate, cooperative and  
generous in your communication.



Generosity of  
spirit =

being kind and  
forgiving.

MISCOMMUNICATION  
can be seen as an attempt at  
control or an attack and could  
lead to an argument.



Nobody is  
perfect.

Nobody's  
communication is  
perfect.



Understandable isn't the same  
as helpful or productive.



What if it turns out  
*you were wrong?*





Instead of matching your coparent's  
negativity, try responding generously.

(BE OPEN TO THE POSSIBILITY THAT YOU MIGHT BE WRONG.)



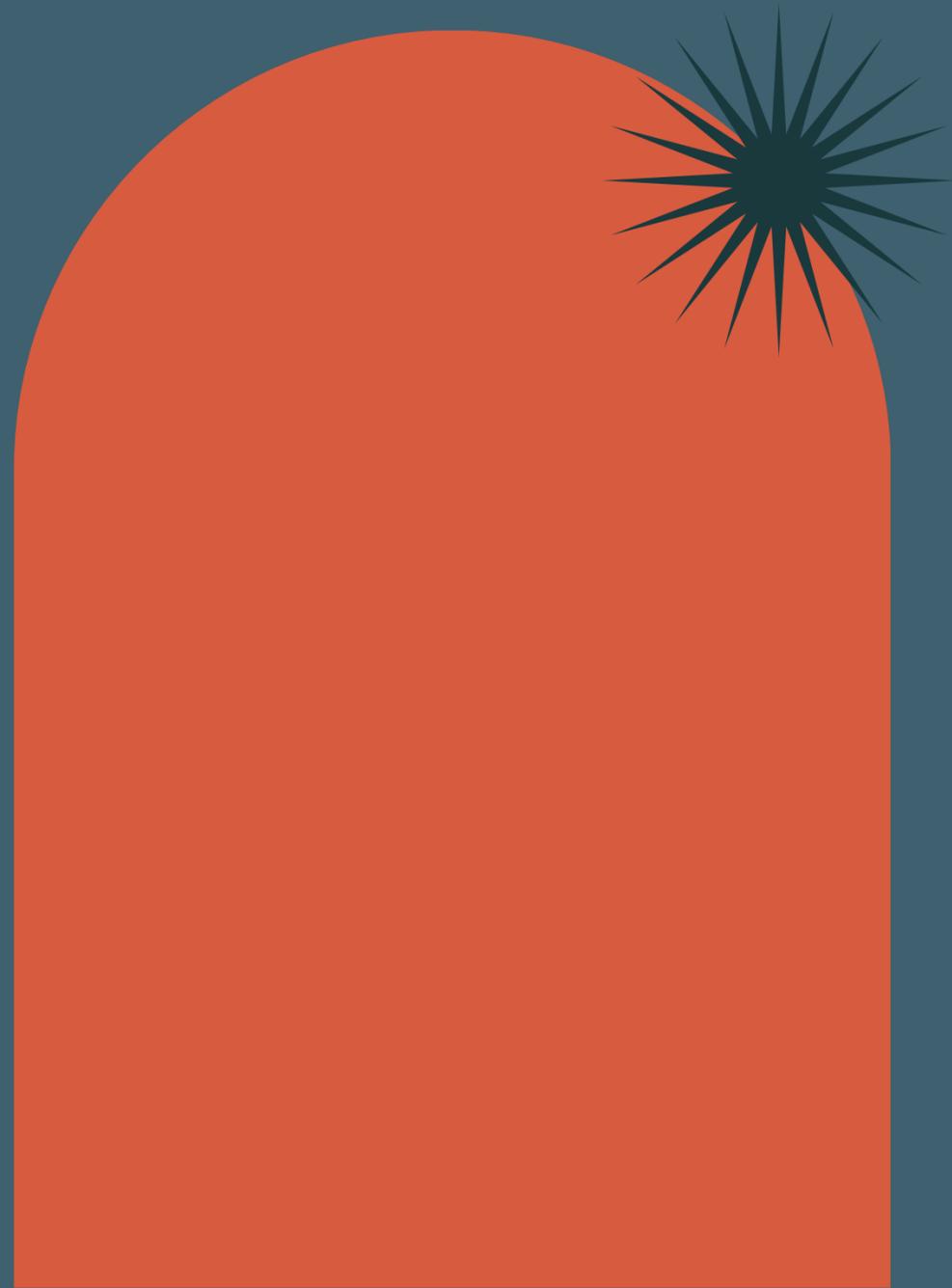
The very act of sharing kindness and forgiveness releases oxytocin in your brain.

*Oxytocin* decreases stress  
and anxiety and increases a  
sense of calm.

You can choose whether to meet  
negativity with negativity

or

to decrease stress for yourself, your  
coparent, and most importantly -  
for your child!



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