

Mindful Communications

Name: _____ Date: _____

Learning to communicate in mindful ways means setting aside our old ways of communicating. This is especially true if those old ways were leading to problem-focused tendencies instead of solution-focused intentions. The best way to learn mindful communication is to keep practicing!

On this worksheet, you will have a chance to practice mindful communications. For each of the categories below, a statement is provided to get you started. List some phrases that you could use to practice mindful communications with your child. Remember to keep the focus on what you can change, and not on what you think your child should do or say! Let your children choose for themselves how to make their feelings known.

Mindful Listening Statements

In this section, list some statements you could use in order to facilitate mindful listening and let your child know that you are open to hearing what they are saying.

Example: "What can I do to help in this situation?"

I-Position Statements

In this section, list some I-Position Statements you could use in conversations with your child.

Example: "When you said that, I felt angry."

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Assertive Statements

In this section, list some statements that you could use in order to be assertive with your child without being aggressive.

Example: "Just because I disagree with you, that doesn't mean I don't love you."

Validating Statements

In this section, list some statements that show that you understand your child's viewpoint and feelings, even though you might not agree. Remember, there's no such thing as a wrong feeling! We're working on changing the behaviors when those feelings are expressed in negative ways, and not on changing the feelings themselves.

Example: "Although I don't agree, I respect your right to feel that way."
