

Identify a current communication challenge

1. With whom are you having this challenge?

2. What would you like to discuss?

3. What makes it hard for you to talk about this issue with this person?

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|--|-----|----|
| • Don't want to burden the other person | Yes | No |
| • Don't want an argument | Yes | No |
| • Afraid of hurting the person's feelings | Yes | No |
| • Afraid of sounding needy or critical | Yes | No |
| • Afraid the other person won't care or will dismiss you | Yes | No |
| • Challenge of describing and making the other person understand you | Yes | No |
| • Other | | |

4. Are these concerns realistic?

If Yes, Is there any way you can address the concern with the person to ensure that his/her response will not be that way this time?

If No, Is there any way you can overcome this fear?

5. What is your goal in talking about this to the person?

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|--------------------------------------|-----|----|
| • To feel understood and listened to | Yes | No |
| • To feel loved and accepted | Yes | No |
| • To feel validated | Yes | No |
| • To feel close to the other person | Yes | No |
| • To get help with physical needs | Yes | No |
| • Other | | |

- Is there anything you can do to improve the chance that the person will respond in a manner that makes you feel these ways?

6. Has the person responded in ways that weren't helpful in the past? What did he/she do that you found unhelpful? To feel understood and listened to

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|---|-----|----|
| • Act uneasy or change the subject to feel validated | Yes | No |
| • Give unwanted advice | Yes | No |
| • Not freely offer help unless directly asked | Yes | No |
| • Criticize how you are coping or the steps you have taken up to this point | Yes | No |
| • Become too protective | Yes | No |
| • Did not seem to believe your needs | Yes | No |
| • Other | | |

- How can you address this with him/her?

7. What type of support are you looking for?

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| • Emotional support: help with feelings, changes in identity, getting used to new priorities, physical changes, fears about the future and so forth | Yes | No |
| • Tangible support: help with work around the house or yard that you no longer feel able to complete | Yes | No |
| • Self-esteem support: help validate your worth and help you when you are feeling badly about yourself | Yes | No |
| • Information support: learn more about what you can do to improve your health and outlook | Yes | No |

- Is there anything you can do to improve the chance that you will get the type of support you need?

8. How have you sought support from this person on this issue in the past? Which do you most often use? Yes No

- Verbal - direct: directly asking for help Yes No
- Verbal- indirect: Voicing stressors to elicit a voluntary helping hand from another (e.g. I don't know the first thing about low fat cooking or exercise!) Yes No
- Nonverbal: (e.g. giving the cold shoulder)
- What are your reasons for seeking support in this way?

- Is it the best way to seek support Yes No
- Is this realistic Yes No

9. Make a plan for how you intend to try to improve this communication block
