

Personal Reflection Exercises...

I communicate positively and peacefully.



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I exchange words and feelings with others in a positive and calm manner.

When I communicate with others, I first make sure that I am in a positive frame of mind. I do my best to be aware of the things I wish to convey to them.

I remove myself from feelings of anger and frustration before I engage in communications. Preparing myself in this way allows me to remain calm and communicate constructively.

It is difficult to communicate with others when they feel defensive. I am able to lower their defenses and provide a peaceful stage for constructive communication. This opens the door for others to communicate in a positive way as well.

My constructive way of communicating makes me feel empowered. I feel centered, strong, and in control. I know I am fair in my dealings with others.

Today I choose to communicate in a calm, constructive way that offers a peaceful environment. I remain positive no matter what happens and feel confident in the fact that I can walk away with my head held high if I need to.

I feel good about my ability to remain positive and peaceful in my communications.

Self-Reflection Questions:

1. How can I calm myself before communicating?
2. Have I taken the time to understand the situation at hand?
3. Have I communicated my thoughts and feelings constructively?