

Marriage • Parenting • Spiritual Growth • Sexuality • Relationships • Mental Health
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a resource in:

Relationships

Discussion Questions Healthy Communication Principles



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Discussion Questions for Healthy Communication Principles

1. How would you describe your communication style? For example: Are you a thinker or a feeler? An expander or condenser? Pursuer or distancer? What is your interpersonal and/or conflict style?
 - a. How does your communication style affect how you interact with others?

2. What area(s) of communication do you feel you need to work on? Why?
 - a. List some specific ways in which you can grow in this area(s).

3. Summarize how you personally can improve communication within your family, marriage, and/or church body.