

Relationship Communication Reflection

Examine Your Communication Habits

Communication habits shape the way we connect, misunderstand, and repair in every relationship. Taking time to notice these patterns can help us respond with more clarity, empathy, and intention. This reflection is designed to support thoughtful self-awareness across couples, families, workplace relationships, and friendships.

Reflection Prompts

When I feel misunderstood, I tend to...

When conflict arises, I usually...

The conversations I avoid most are...

What I wish others understood about me is...

Ready to Strengthen Your Communication?

Professional counselling can help you develop healthier communication patterns, navigate conflict with greater confidence, and build stronger, more supportive relationships.

Call TFEC at 1-833-275-8332 to learn more about our relationship counselling services.

