



≡ HEALTHY COMMUNICATION PLANNER ≡

DATE _____

TIME _____

Slow down. Get clear. Say what you mean with respect.

1. WHAT CONVERSATION DO I NEED TO HAVE?

2. WHAT AM I FEELING?

- | | | |
|--------------------------------------|---------------------------------|---------------------------------------|
| ☐ Hurt | ☐ Angry | ☐ Anxious |
| ☐ Overwhelmed | ☐ Sad | ☐ Frustrated |
| ☐ Calm | ☐ Unsure | ☐ Other: _____ |

3. WHAT DO I WANT THEM TO UNDERSTAND?

4. WHAT DO I NEED?

- | | | |
|----------------------------------|---|---------------------------------------|
| ☐ Honesty | ☐ Reassurance | ☐ A boundary |
| ☐ Respect | ☐ Clarity | ☐ Time |
| ☐ Space | ☐ Accountability | ☐ Other: _____ |

5. HOW CAN I SAY IT CLEARLY?

When _____, I feel _____.

What I need is _____.

I am asking for _____.

6. WHAT WILL HELP ME STAY CALM?

- | | |
|---------------------------------------|--|
| ☐ Pause first | ☐ Choose the right time |
| ☐ Take breaths | ☐ Keep it short |
| ☐ Bring notes | ☐ Leave if unsafe |

7. MY NEXT STEP



Clear communication is a form of self-respect.



LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.