



Discussion Questions Communication

1. What are the barriers to maintaining strong relationships with friends, family or your partner?
2. What are some things that help your communication with family/friends? (For example, picking a good time to talk or looking at the other person's perspective on a topic)
3. Do you feel like you can share your pain level in a constructive way? Are you able to be concise and also share what you need? For example, "I'm having a rough day and need some space."
4. How do you deal with people who don't believe your pain is real?
5. Have you tried journaling as a way to deal with feelings that are difficult to talk about? Have you ever written to a friend or family member about what you want or need?
6. Have you considered going to a counselor or therapist to help you deal with relationship issues? What happened?