

## Activity 2 - Positive or Negative

From the options below identify which behaviour displays positive or negative communication. Create a pile or list of positive and negative communication. Add any behaviours not already created in the blank shapes below. Share your lists with your partner and ask them to identify any behaviours they think are in the wrong list and why this is, encourage them to explain how the behaviour makes them feel and why. Think about what you could do differently to reduce conflict and communicate better.

Take turns with your partner.

If you are no longer in a couple relationship with your co-parent you may be able to do this activity with them, but if not, do it with a friend you trust to be completely honest with you. Think about any behaviour that triggers conflict with your co-parent and what you could do differently to reduce conflict and communicate better.

Being interested in each other's opinions

Talking over the other person to make your point

Showing respect by listening to the thoughts of the other person

Storming out because you are not winning

Try to control your partners choices

Being critical of your partner as you don't feel they are on your side

Getting the moment right to talk

Using historical information against partner to back up your point

Saying nasty personal things to try and win

Shouting to try and make your feelings heard

Showing respect for your partners view even if you don't like it

Bossing your partner around

Interrupting your partner as you feel your point is more relevant

Give each other the space to share your thoughts and listen to them properly

Use personal things you know about the other to get one over on them

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