

Communication

Say One Thing Clearly

Adults | 10 to 15 minutes

A useful message can focus on one event instead of every past frustration. Choose a low-pressure conversation with someone who can respond freely. Your aim is to make your meaning understandable and learn how the other person heard it, not to force the same view.

Write a brief message, rehearse it in a preferred format, and choose one way to check understanding.

Separate event and interpretation

Describe what you noticed before adding its meaning. For example: When the meeting changed without a message, I could not arrange transport. Avoid turning one event into a claim about the other person's character.

Ask and check

Make one feasible request: Could you send changes by text? Then ask what they understood and invite a correction. Speaking, writing, signing, or assistive communication are equally usable ways to participate.

1. What happened that I could describe without guessing motives?**2. What impact or need do I want understood?****3. What specific request am I making?****4. How will I check understanding and allow a different answer?****Clinical use and adaptation**

Consider language, processing time, communication disability, and power differences. Do not require eye contact or a particular emotional style. Screen privately before using jointly in intimate relationships; coercion and abuse require an individual safety response rather than mutual communication practice.