



MAKING CONNECTIONS Relationship-Building Tips

Rate Your Relationship-Building SuperPowers		Needs Work	I'm Good
I show appreciation for others' contributions and expertise.			
I am flexible when talking with others even if conversations or situations end up differently than I plan.			
I listen intentionally to what other people are saying, with openness and patience.			
I try to listen with my heart and my mind.			
I try not to judge others, and show acceptance through my words, tone, and body language.			
I am honest. I speak my truth, as much as I am able.			
<i>Read through these tips then try them out in your next conversations. You can do it!</i>			
1. Be timely.	<ul style="list-style-type: none"> Try to find a good time. Make a plan. <u>Never start a conversation when you're angry. Wait until you've calmed down.</u> 		
2. Be friendly.	<ul style="list-style-type: none"> Show appreciation for others. Let them know they matter. 		
2. Be flexible.	<ul style="list-style-type: none"> Important conversations may not always go smoothly. You can still share what it is you need to share, but <u>you may end up having to do it differently than you'd planned.</u> And that's OK. 		
3. Be patient.	<ul style="list-style-type: none"> Nobody communicates perfectly. It's important to <u>be patient with others as they work to express themselves.</u> 		
4. Be understanding.	<ul style="list-style-type: none"> It's incredibly important if you're with someone who struggles with communication — to <u>listen with your heart even more than your mind.</u> 		
5. Be accepting.	<ul style="list-style-type: none"> It's impossible to communicate with clarity when you're filled with judgment. <u>Find acceptance for the other person.</u> When we let others know we accept them, whether with words or body language, we invite them to reveal themselves in a more honest way. 		
6. Be honest.	<ul style="list-style-type: none"> If what you're saying isn't true, <u>then nothing real is being shared.</u> Speak your truth, as much as you are able. You have to be honest but <u>try to be kind!</u> 		