THE LOVE SCOUT





CYCLE OF FUNCTIONAL COMMUNICATION

Healthy communication requires emotional regulation, self-awareness and patience.

Use this this tool preventatively to express needs, wants and challenges so that you don't end up in a disagreement or fight.



1. EXPECTATIONS
Often unspoken/unmet

6. ACCEPT & LET GO

Allow yourself and the other to move on having fully resolved the issue **DO NOT:** Bring this issue up in the future

CYCLE OF FUNCTIONAL COMMUNICATION

2. INITIAL FRUSTRATION/IRRITATION

You may feel annoyed, tense, not in the mood or dismissive

5. RE-NEGOTIATE EXPECTATIONS

Consider each person's needs, articulate them and come to a negotiated agreement

4. DISCUSS NEEDS & EXPECTATIONS

Express what is causing you distress/discomfort/discontentment

3. INTERNAL REFLECTIONS

Reflect on your own emotions, thoughts, behaviours and needs