



## Communication Rules

**If you struggle to communicate with your housemates, family or friends, it can be helpful to implement a few simple rules for each other to try and adhere to during conversations.**

They can make sure that everyone feels heard and can encourage more positive communication, particularly during times of stress or when conversing about issues that trigger emotional responses.

**All parties should have input to the rules and agree upon them before moving forward. Some examples could be:**

- Everyone takes turns to talk/no talking over each other.
- Each person will take time to consider individual points and try to understand each others perspectives.
- If we are angry/upset, we will take some time to relax before beginning the discussion.

**We're here. Isle Listen.**

