Discussion Questions
Healthy Communication Principles
1. How would you describe your communication style? For example: Are you a thinker or a feeler? An expander or condenser? Pursuer or distancer? What is your interpersonal and/or conflict style?

   a. How does your communication style affect how you interact with others?

2. What area(s) of communication do you feel you need to work on? Why?

   a. List some specific ways in which you can grow in this area(s).

3. Summarize how you personally can improve communication within your family, marriage, and/or church body.