



Michigan Alliance for Families

Youth Self-Determination Series-Handout

Communication Builders and Busters

Communication Builders

How we have good conversations

Try to:

- Trade information:
- Find common interests:
- Listen to the person:
- Watch body language
- Match the mood
- Use good volume
- Use good body boundaries
- Look toward the person

Communication Busters

Makes 2-way conversations difficult

Try to stay away from:

- Taking over
- Interrupting
- Repeating
- Policing
- Risky topics
- Use good volume
- Use good body boundaries
- Look toward the person