



CONSCIOUS COMMUNICATION AND ACTION

This toolkit encourages practitioners to take responsibility for their experiences, feelings, and views, to develop strong listening skills, and to practice giving and receiving feedback that is empowering and helpful.

Own Your Experience

Use first person language AKA "I statements" to encourage personal awareness and promote honest communication skills.

AVOID:

- **We, you, it instead of I**

Rather than: We should go home now

Say: I'm tired and ready to go home now

- **Externalizing Feelings**

Rather than: That sounds dangerous

Say: I feel nervous and scared about the potential risks.

- **Using Questions to Mask the Truth**

Rather than: Where were you?

Say: I'm hurt because you didn't tell me you were going to be late

- **Nullifiers that Escape the Truth**

Rather than: I should go for a run today

Say: I could go for a run today



WAYS TO PRACTICE

- Practice communicating feelings, thoughts, experiences, actions, etc. by using "I" statements and notice how it makes you feel
- Practice holding one another accountable to using conscious communication in the work place, school setting, and at home

Co-Listening

- Speaker verbalizes what they are aware of, without judgment. They then notice what this experience is like, to speak without being judged.
- Listener becomes aware of what it is like to listen, without commenting affirming the speaker, or thinking of what to say next.

Giving and Receiving Empowering Feedback

- Offer feedback to inform, not criticize, with the intention to learn and support
- As a listener, learn to discern between empowering feedback and non-constructive feedback.

[Visit the Conscious Communication and action Toolkit Deck here for more information.](#)

