

Today's counseling lesson was on conflict resolution and I-Messages.

<u>Ask me about:</u>

1. What are the consequences of both effective and ineffective communication?
2. What is conflict?
3. What's a You-Message, and how does it make conflict bigger?
4. What is an I-Message, and how do I use one? When someone uses an I-Message, what are appropriate ways to respond?



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