A PAUSE, A PRACTICE, A NEXT STEP

Communication

Make room to speak and to be heard.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Pick one point

Choose a time that works for both people. Describe one situation and one request, rather than solving every past problem.

01 / Notice and reflect

What do I want understood?

02 / Notice and reflect

What specific request can I make?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: A counselor can help with repeated misunderstandings. For fear, threats, or control, seek individual safety support through Crisis Support before planning a joint discussion.

Read more: VA National Center for PTSD · Helping a family member

More tools and immediate support: Our Healing Room / Crisis Support.