

Step-by-Step Changes



Student:

School:

Date:

Change is hard! Where do you start? What should you do first? How do you know?

Starting to use communication repair strategies can be hard at first, even when you know it will help. You have been learning different ways to repair communication breakdowns. All of these skills will help you when you are an adult. You need to start to use them sometime and the time is NOW!

Where do you start?

Look at all of the challenging listening situations you identified on the LIFE test. You ranked your most challenging situation as #1. You *may* want to start problem solving for that situation as it will probably help you the most. Or you *may* want to start with a challenge that is small and you feel more comfortable as a first step.

Small tests of change

Small tests of change are little things you can do to see if it made any difference. There are many different communication repair strategies and it is too much for most people to start using them all at once. You can start to use communication repair strategies in different situations. Pick one or two situations to start with and use the strategies that YOU choose.

For the next _____ days, I want to improve the following LIFE situation # _____.

Write the difficult listening situation in your own words: (i.e., it is noisy in the hall; students answer questions): It is difficult when _____

I want to try to improve listening during this class or general time of day _____
(i.e., math class; during lunch; while waiting for the bus)

The strategy I want to try is _____

I will know that it helped if _____

Date: _____ What happened? _____

