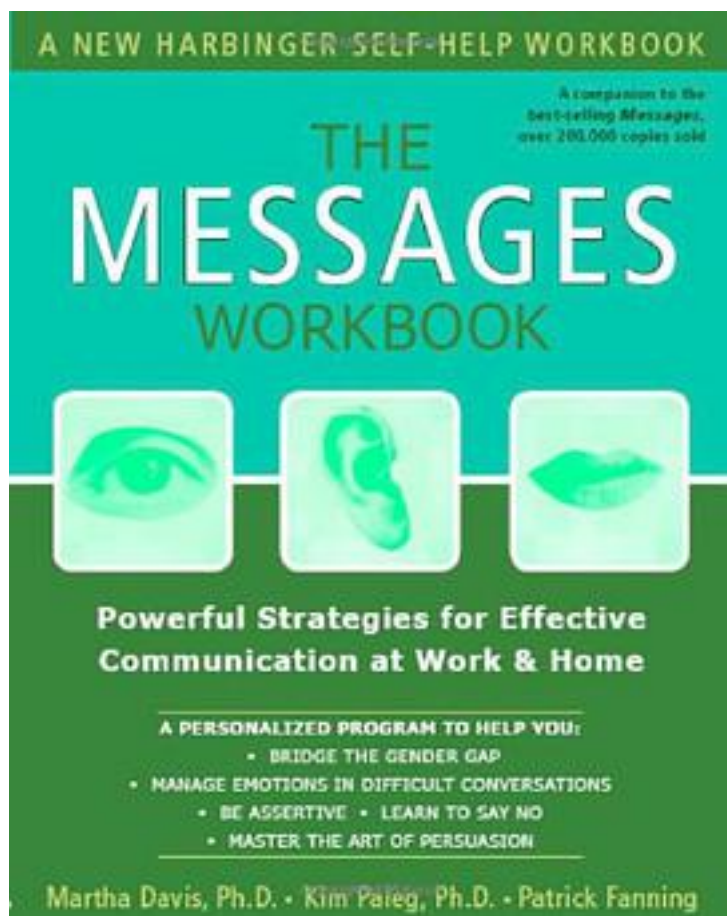


The Messages Workbook



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The original Messages taught you to listen well, disclose honestly, and express truthfully while communicating with others. This workbook helps you apply these skills specifically to different aspects of your life. Step-by-step worksheets, fill-in exercises, and case stories help you avoid communication pitfalls and make long-lasting,

life-enhancing changes. The workbook extends the techniques of Messages to a wide range of situations: Exercises teach you to communicate with teens and children. They help facilitate partner understanding by exploring gender communication differences. The workbook guides you through challenging communication situations like talking through a power dynamic with a boss or a subordinate, with elders, or with people of different cultures. An important chapter applies emotion-regulation techniques from dialectical behavior therapy to communication, teaching you to express yourself effectively even when feeling emotionally unstable.

作者介绍:

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