Words Matter. Action Speaks.

- Listen actively.
- Stay open.
- Take a deep breath.
- Speak with kindness.
- Take action... with your best foot forward.
- Embrace a growth mindset.
- Remember that everyone experiences the world differently, and welcoming different points of view can make a world of difference in relationships.

Approaching a conversation with kindness and empathy can inspire others to do the same.

It's not always what you say, but how you say it.

Listen actively. For example, if someone says, "I feel upset when you ________" or "I can't believe he just said that!", try thinking through different solutions and choose one that works best for everyone involved. While it can be tempting to quickly respond with a reaction, try taking one deep breath first so that you can better express them.

Be kind and considerate to yourself and others. How do you talk to yourself? Is perfect! Talk to yourself like you would talk to your best friend: with compliments and encouragement.

While it can be tempting to quickly respond with a reaction, try taking one deep breath first so that you can better express them.

It's OK. Sometimes all it takes to move forward is the right attitude. If the relationship is important to you, try thinking through different solutions and choose one that works best for everyone involved.

Stay open. For example, if someone says, "I'm I'm I'm upset when you ________" or "I can't believe he just said that!", try thinking through different solutions and choose one that works best for everyone involved.

Remember that everyone experiences the world differently, and welcoming different points of view can make a world of difference in relationships.

Keep an open mind. Hearing someone out can help you better understand the issue at hand.

Take action... with your best foot forward. For example, if someone says, "I feel ________, when about the conflict. Saying "I'm I'm I'm upset when you ________" or "I can't believe he just said that!", try thinking through different solutions and choose one that works best for everyone involved.

It's not always what you say, but how you say it.

Use active listening by ignoring distractions, maintaining eye contact, asking clarifying questions, keeping your body language open and neutral, and using encouraging words. Sometimes all it takes to move forward is the right attitude. If the relationship is important to you, try thinking through different solutions and choose one that works best for everyone involved.

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