



# Communication Script Practice

➡ This is where you can come and practice a script you have created and role play with someone else or just read it aloud to the group and get immediate support and feedback. You are also welcome to just observe and listen or give feedback to those who are practicing communicating their script.

➡ Your script doesn't have to be long or perfect. It can just be some ideas or thoughts that you want to share and we will help you to refine it so you feel comfortable communicating it in real life. It's really like a dress rehearsal for the future!

If you would like to practice a script in front of a small group or just get feedback on your script please bring:

## A Scenario or Situation that you would want to practice

e.g. Everytime I just want my mom to be there for me for support, she always goes right into advice mode and doesn't leave room for me to just be heard and have my feelings validated.

## A Script

Using a situation or scenario you want to talk to someone about. Choose a script from the following attachments: "Expressing your Needs: Scripts for Effective Communication Course Workbook and select a script that would be most relevant to the situation. There is also the Conflict Resolution Worksheet Summary attached that allows you to make an effective script out of. The 3rd attachment is, "How To Repair Any Relationship" workbook, where you can create a script from Exercise 4 - Communication & De-Escalation or Exercise 8: How To Own Your Part & Apologize that you can make effective scripts from.

- ★ I highly recommend modifying your script to suit the situation and your own communication style as well.  
**You can also completely use your own script outside of any of the workbooks.**
- ★ When it's your turn you can give the group an overview of the situation and select someone to role play the other person (if you know their attachment style even better) or:  
**Read an email/script/text message you want to send** - You can read an email/text message you are wanting to send to someone and we can help you tweak it. We can paste it in the chat for the group so they can easily respond.
- ★ The idea is to practice a scenario in order to get your subconscious mind familiar with speaking it out loud so when the time comes, you will be able to execute it and feel more relaxed and comfortable. You can also take any suggestions you find valuable and use them to increase your chances of being seen, heard and understood.
- ★ The more people that come with a script/situation the better! But please feel free to come and just listen or offer feedback, that's just as valuable!



**LASTLY, PLEASE LET THE FACILITATOR KNOW AT THE START OF THE CLASS IF YOU HAVE A SCENARIO SO THEY CAN SCHEDULE THE SESSION ACCORDINGLY :)**

## 3 Attached PDFs

[Conflict Resolution Summary](#)

[Communication Script Examples](#)

[How to Repair Any Relationship](#)



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