

## Gary Lange, Ph.D.

Licensed Marriage and Family Therapist #25633  
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## HEAL / THY COMMUNICATION

**Heathy:** wholesome, robust, sound, mentally and physically well, strong, rosy, full of healing energy, well-being, hardy, vigorous, of sound mind and heart, free, bouncy, vivacious, dynamic, spirited, sparkling, luminous, elegant, genteel, nourished, moral, nutritious, natural, hearty, tough, recovering, bright...

**Healthy Communication:** is the multi-level process of sending and receiving messages by means of symbols, words, signs, gestures, or other action. Messages sent and received define the relationship between people. Being personally spirited and accountable to ourselves, our beliefs and others..

**I. Heal / Thy Self:** Awareness of thoughts, behaviors and priorities; “Deal” with the past

**A. Heal / Thy Stress;** Decrease Stress > Increase Healthy Communication

**B. Heal / Thy Self with Daily Mood Management; Act vs. Reacting**

I am angry/frustrated/irritated about \_\_\_\_\_

I am worried/fearful/scared about \_\_\_\_\_

One thing I want \_\_\_\_\_

**C. Empathy**

**D. Practice Simplicity:** personal self-control needs rejuvenation; “Do I really NEED this?” Don’t shop or spend money when you are tired or stressed

**E. The Art of Listening**

**III. Practicing Healthier Communication**

**A. What not to do:** use absolutes and trigger words; give advice; interrupt; name calling; bring up the past and other issues

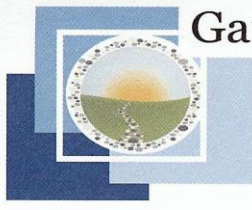
**B. Person 1:** “One healthy thing I did today was \_\_\_\_\_”

Person 2: “I heard you say that one healthy thing you did today was \_\_\_\_\_”

**C. One great experience I have had today...**

**D. Practice:** Person 1: “One health related thing I need to work on is...”

Person 2: “I heard you say that one health related thing you need to work on is...”



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- E. One thing I need to talk to \_\_\_/spouse/child/boss about is...**
- F. Tonight, I will tell my spouse/friend...**
- G. One healthy communication commitment I am willing to make is...**

#### **IV. 3 Vitamin “C’s” of Communication:**

- A. Contemplate: think and decide rather than emotionally react
- B. Connect to God, self and others;
- C. Co-exist: can’t change anyone except ourselves; acceptance

#### **V. DVDs of previous Seminars:**

**“T-ender L-oving C-ommunication”**

**“Feelings ‘R’ Us”**

**“Problem Gambling”**

**“It’s About Time Management”**

**“Getting Past Tense”**

**\$25.00 each (760-773-1014) [GaryLangePhD.com](http://GaryLangePhD.com)**