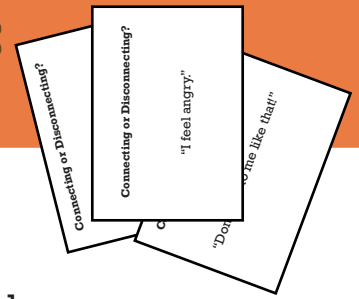


Mindful Communication Phrase Game: Connecting or Disconnecting?



Number of players: 2-3

Directions:

1. Choose one person (Player 1) who will read from the card deck and one person (Player 2) to guess if it is a connecting or disconnecting phrase.
2. Player 1 chooses one card and reads the Connecting or Disconnecting phrase.
3. If Player 2 guesses if the phrase is a disconnecting or connecting phrase correctly, they keep the card. If they guess incorrectly, the card goes to the bottom of the card deck.
4. Switch positions so that Player 1 now guesses and Player 2 draws and reads a card.
5. The game continues until all of the cards have been read.

Card Deck



Connecting or Disconnecting?

“Don’t talk to me like that!”

Connecting or Disconnecting?

“I feel angry.”

Connecting or Disconnecting?

“Could we talk when we are both calm?”

Connecting or Disconnecting?

“I will never talk to you again!”



Connecting or Disconnecting?

“I want to listen.”

Connecting or Disconnecting?

“You are mean and are making me feel angry.”

Connecting or Disconnecting?

“It’s all your fault!”

Connecting or Disconnecting?

“I feel disappointed. I don’t think either of us wanted things to be this way.”

Connecting or Disconnecting?

“What would have helped?
Let’s brainstorm solutions.”

Connecting or Disconnecting?

“You are showing me that I can’t believe or trust you.”

Disconnecting Phrases

“Don’t talk to me like that!”
(demand)

“What do you think you are doing?”
(challenge)

“I told you what I wanted,
this is all your fault!”
(blame, guilt)

“I don’t want to talk to you ever again!”
(consequence, fear)

Connecting Phrases

“Let’s talk when we have both cooled off.”
(observation)

“I realize that you wanted a turn and notice
that you are frustrated.”
(acknowledge feelings and needs)

“Fairness and making sure everyone
has a turn is important.”
(acknowledge needs)

“What are some things that can be done to
make sure you are feeling heard?”
(solutions and requests)

Name _____

Date _____

Answers

Connecting	Disconnecting
<p data-bbox="342 453 558 489">"I feel angry."</p> <p data-bbox="126 562 773 598">"Could we talk when we are both calm?"</p> <p data-bbox="321 669 586 705">"I want to listen."</p> <p data-bbox="87 783 792 856">"I feel disappointed. I don't think either of us wanted things to be this way."</p> <p data-bbox="204 936 721 1010">"What would have helped? Let's brainstorm solutions."</p>	<p data-bbox="987 438 1377 474">"Don't talk to me like that!"</p> <p data-bbox="954 552 1406 588">"I will never talk to you again!"</p> <p data-bbox="846 669 1523 705">"You are mean and are making me feel angry."</p> <p data-bbox="1045 795 1317 831">"It's all your fault!"</p> <p data-bbox="870 936 1495 1010">"You are showing me that I can't believe or trust you."</p>