



# Communication That Connects

## Reflection & Practice Worksheet

### Story Reflections & Mini-Challenges

#### **Ancient: The Buddha and Right Speech (India, 5th Century BCE)**

**Reflection:** Which of the Buddha's four gates do I struggle with most — truth, necessity, kindness, or timing?

**Mini-Challenge:** Pause before speaking in a tense moment and ask: 'Is this true, kind, and helpful right now?'

#### **Middle Era: Frederick Douglass and the Power of Voice (19th Century, USA)**

**Reflection:** When I need to communicate a hard truth, do I lead with anger or conviction? With reaction or intention?

**Mini-Challenge:** Before a difficult conversation this week, script your first three sentences. Begin with respect while staying truthful.

#### **Modern: Airbnb's COVID Letter (2020)**

**Reflection:** How can I deliver hard news or feedback with both transparency and compassion?

**Mini-Challenge:** Before sending a sensitive message, reread it through the recipient's eyes. Ask: 'How would I feel receiving this?'

### The Four Pillars of Communication That Connects

Clarity → Compassion → Courage → Curiosity

Pillar	Description	Self-Rating (1-5)
Clarity	Say what you mean. Confusion breaks trust faster than conflict.	
Compassion	Care how it lands. Emotional awareness turns honesty into healing.	
Courage	Speak even when it's uncomfortable. Avoidance breeds resentment.	
Curiosity	Listen to understand, not to reply. Understanding builds connection.	

Pillar	Action to Strengthen
Clarity	
Compassion	
Courage	
Curiosity	

Mini-Challenge: Choose one pillar to strengthen this week and create a micro-habit around it.

### Weekly Communication Tracker

Day	How I Practiced Clear and Caring Communication
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

### Journaling Prompt

What did I notice this week about how people responded when I communicated with both clarity and care?