

# Talk

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## POSTIVE TALK

Eager to Listen

Looking at the Face

Desire to Share

Interested

Empathic

Recognize emotions in facial expression

Read body language

Sharing scheduling/daily activities list

Sharing Fun experiences

Listening to Other's Fun experiences

Listening to sad experiences with Kindness

Sharing sad experiences

Listening to hurt feelings with Respect

Sharing hurt feelings without giving blame

Talking about personal dreams and goals

Talking about personal Issues and struggles

Talking about intimate issues



## NEGATIVE TALK

Disinterested

Always having to be the one to talk

Not interested in sharing

Refusing to listen

Demanding Silence from the other

Avoiding Others

Talking negative in General

Putting others down even in fun

Talking behind people's back

Calling Names

Threatening ending the relationship

Threatening Harm in Jest

Threatening Harm