

COUPLES COMMUNICATION WORKSHEET (South Asian / Nagaland Context)

Purpose: Understand how family and culture shape communication. No right or wrong answers.

Instructions: Reflect individually Share Discuss Agree on growth steps.

FAMILY COMMUNICATION STYLE

Indirect — Direct

Vague — Specific

Relaxed — Stressful

Non - Confrontational — Confrontational

Closed — Open

Loud — Quiet

Humorous — Serious

COUPLE REFLECTION

Biggest differences:

Key similarities:

How differences affect us:

Strengths from differences:

CULTURAL REFLECTION (South Asian / Naga Context)

Role of elders/community:

Cultural strengths to honour:

OUR COMMUNICATION GROWTH PLAN

Habit to strengthen:

Pattern to change:

One action this week: