



If there are certain things you don't like in your list of pain behaviour and the way people reacted to them, try to find new ways to communicate your pain.

Can you think of alternative ways of communicating with your spouse friend/family?
You can experiment with this. In a few days try behaving in a different way, and write down what you did and how other's responded.

What I Did	Other's Response

Do you notice any differences? _____

The patterns we get into with other people form over a period of time and it will take a while for people to adapt to each.

The key to resolving many difficult situations between people is: **GOOD COMMUNICATION.**