Communication Calendar

Describe the communication. With whom? Subject	How did the difficulty come about?	What did you really want from the person or situation? What did you actually get?	What did the other person(s) want? What did they actually get?	How did you feel during and after this time
Monday				
Tuesday				
Wednesday				
Thursday				

Adapted from *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D.

Communication Calendar

Describe the communication. With whom? Subject	**How did the difficulty come about?**	**What did you really want from the person or situation? What did you actually get?**	**What did the other person(s) want? What did they actually get?**	**How did you feel during and after this time**
Friday				
Saturday				
Sunday				

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