

# SAFE Communication Checklist

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SAFE Communication Checklist:

1. Have I clearly stated my needs?
2. Am I actively listening, or just waiting to speak?
3. Is this the right time and emotional space for this talk?
4. Have I asked intentional questions to better understand?
5. Am I assuming or confirming?
6. Am I responding or reacting?
7. Have I acknowledged the other person's feelings?
8. Did we end this conversation with clarity and connection?