

Talking with family and friends

Talking about your feelings.

- Communication is very important for keeping families close and well-connected.
- Many couples and families go through life without talking much about their feelings or health problems they are struggling with.

I want to tell them about how down I feel. Hiding it makes me feel lonely and sad but I'm worried. We never talk about our feelings.

It's such a relief not to keep all this to myself. I feel like I don't have to pretend I'm okay.

I wish Dad talked about how he's feeling. He seems so tired lately and I'm worried about him.

I need to make some changes. It'd be great to talk about this with you.

I'm worried about my husband's concentration, it could be good to talk about it and get some suggestions.



Everyone needs to talk honestly about what they're feeling.

Having honest conversations could reduce stress, make you feel closer to family and friends, and feel more supported.

Whatever your reason – it's always good to talk and share ideas.



What would you like to talk about?

Think of a problem or issue you'd like to discuss.

Have a look at this example.



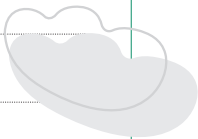
Who do you want to talk to? MY WIFE SARAH.

What do you want to talk about? WHY I HAVE TROUBLE CONCENTRATING.

► **Try it.** What works for you?

Who do you want to talk to? _____

What do you want to talk about? _____



Who do you want to talk to? _____

What do you want to talk about? _____

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What do you want to talk about? _____

