



Ashly



• The Silence Cycle: High stress and conflict can cause people to withdraw, creating a cycle of further disengagement.

How to Overcome the Breakdown:

- Active Listening: Focus on understanding the other person's perspective, not just waiting to speak.
- Be Direct and Clear: Avoid vague communication and ensure the message sent is the one received.
- Stop Assuming: Ask questions and seek clarity immediately rather than building stories in your mind.
- Practice Vulnerability: Speak up about feelings, even when uncomfortable, to bridge gaps of loneliness or frustration.

Effective communication is described as the "oxygen" to any relationship or organization, and its absence brings a rapid decline in connection.

8:47 PM ✓✓

April 17, 2026

Stitch This pt.1&2, and one other - Do you remember?

2:59 AM ✓✓

May 17, 2026

Psychology Board
Ahpra

Message

