## Communication in Relationships

Activity: Things that help, things that spoil

In your group, complete the bullet points below, thinking about things that help in a relationship and things that can spoil a relationship.

## Things that will help and nurture a relationship:

- Communication
- •
- •
- •
- •

## Things that will spoil or ruin a relationship

- Lack of communication
- •
- •
- •
- •