

VIDEO REVIEW

Make a recording

Use your own phone and re-enact your tense discussion. Set a timer and record about 7 minutes.



Watch the video

Watch for what you could have done better. Stop the recording at spots where you see things could have turned out better. Review with your therapist for ideas.

Find 3 things

Consider 3 things you can take away from this intervention to help you reach your communication goals.

