

**Communiqué Journal**

The communiqué journal is a unique approach at opening lines of communication that have become tarnished due to a variety of factors. Healthy communication requires that one remove as much emotion as possible in order to enter into logical communiqué.

The rules for this journal are simple to explain; however, often difficult to perform. Please make every effort to follow the rules in order for this journal to have a positive effect.

The rules are as follows:

The first person to have an issue is to express themself solely via writing in the journal. Please feel free to express in as much detail as possible giving careful consideration to expressing both ones thoughts AND feelings.

That person is then to place the journal aside for one full day. Do NOT give the journal to the other party at that time.

The next day the original writer is to re-read their journal entry. They are to edit the journal entry removing as MUCH emotion as possible. Once the editing is complete one should be left with an entry that expresses facts with a small hint of emotion.

The journal should now be given to the other party. The journal entry should be read immediately and a response should be penned in the journal.

That person is then to place the journal aside for one full day. Do NOT give the journal to the other party at that time.

The next day the writer is to re-read their journal entry. They are to edit the journal entry removing as MUCH emotion as possible. Once the editing is complete one should be left with an entry that expresses facts with a small hint of emotion.

The journal should now be given to the original party.

This process should be completed until each party has fully expressed themselves concerning the original issue or any subsequent issues.