

**BEHIND EVERY  
FACE, THERE'S  
A STORY...**  
**FOR EVERY  
PERSON, THERE'S  
A SOLUTION!**



# JADE

Jade lives with her mother who was diagnosed with Borderline Personality Disorder a few years ago. At first, Jade felt that her mother's well-being was on her shoulders. Today, she has found ways to team up with her mom instead of doing things for her.



How to learn to set  
limits and not forget  
yourself?

How to communicate  
better?

Where to go on the  
web to better  
understand?

[avantdecraquer.com](http://avantdecraquer.com)

**We are here to help  
you find solutions!**

A RÉSEAU AVANT DE CRAQUER INITIATIVE

**Contact us today!**

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## What is communication?

Communication includes both verbal language (words) and non-verbal language (e.g., facial expressions, body movements and tone of voice). In communication, there are always senders and receivers. The senders are the people who speak, and the receivers are the people who listen. In a conversation, each person takes turns being the sender and the receiver.

## Why is it important to communicate well?

Communication is important in all areas of your life because it allows you to tell other people what you are experiencing, what you are feeling and what you need. So, communication can help you make yourself understood, resolve conflicts and create stronger bonds with those around you.

## What to do before starting a conversation?

Before you start talking, you need to choose the right time to do so. Then, it's important to ensure that you and your parent are available and emotionally and physically ready to have a conversation (e.g., not too tired or very angry). Sometimes it can be helpful to schedule a time with your parent ahead of time to make sure you're both ready for the discussion.

Next, you need to choose the right place. A quiet place is best (e.g., on a park bench), away from distractions (e.g., away from the television). This will allow both of you to be more attentive and receptive, helping to fully engage in the conversation.

## How to be a good sender (speaker)?

- Look them in the eye if you feel comfortable doing so.
- Speak to them slowly and calmly.
- Occasionally ask them if they have any questions.
- Use the word "I" (e.g., "I feel sad when I don't feel heard").
- Avoid the words "always" and "never" (e.g., instead of saying "You NEVER let me see my friends," say, "I wish I could see my friends more often").
- Show your parent that you understand their point of view too. This will increase the chances that they will be open to your perspective.
- Prepare for the conversation and have solutions already in mind.
- Try to find a compromise.
- Negotiate by offering something in return (e.g., offer to clean your room before going to play at a friend's house).

## How to be a good receiver (listener)?

When your parent talks to you, it's important to do your best to:

- Not interrupt
- Be patient and wait until they are finished before speaking
- Show that you are listening (e.g., nodding your head or saying, "Mm-hmm!", "Ah!", "Oh!")
- Remain calm in case of a disagreement

When your parent is done talking, it's important to:

- Verify that you have understood correctly. To do this, you can rephrase what you understood in your own words, or you can ask questions about what they have just said.
- If necessary, you can ask them to explain further.

To discover tips and tricks to have a good relationship with your parent, set your boundaries, or better understand, consult our special files in the teen and young adult section on [Avantdecraquer.com](http://Avantdecraquer.com)

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