

Improve Your Communication

Who doesn't want to improve their communication? Surely everyone wants to, but we often don't know how. Use these tips to jump-start your communication with your partner, family, or friends!

Timing & Setting

Choose a time you are both free to talk, make sure there are no distractions, and choose a place you both feel comfortable in and that has no interruptions.



Soften the Start Up

Stay away from blaming, criticizing, or attacking the character of the other person. Instead, try to talk about how you feel and what you need. Try: I feel __ when __, because __. What I need is __.



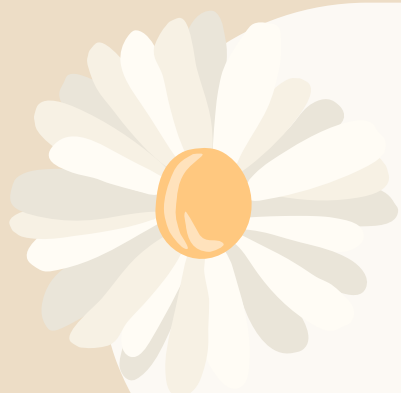
5 to 1

For every one negative feeling or interaction with your partner, there should be five positive feelings or interactions. Negative interactions are also not equal to positive interactions, as they tend to leave a stronger emotional impact.



Compromise & Repair

What common goals do both of you have? What are the areas you can be more flexible on? What is one thing you could do differently next time and what is one thing your partner can do differently next time?



Take a Break

Notice when you are feeling overwhelmed, triggered, or angry. Take some time away (min. 30 minutes- max. 24 hours), reflect on your part and what you need from your partner, and do something calming.

