

LET'S TALK:

IMPROVING COMMUNICATION IN YOUR RELATIONSHIPS

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"A GOOD RELATIONSHIP ISN'T SOMETHING
YOU HAVE, IT'S SOMETHING YOU DO"
-TERRY REAL



MALECK
THERAPY
CHANGE. HEAL. GROW.

HOW DO YOU
COMMUNICATE?

WHAT WE BRING TO THE TABLE...

- Our own mood
- Feelings about the conversation or topic
- Possible resentment from unresolved conflict
- Level of Vulnerability
- Expectations based on family of origin

DIFFICULTIES IN COMMUNICATION

- Differences in Intention vs. Interpretation
- Assumptions and Expectations
- “Logistics”
 - Lack of Details
 - Multi-tasking
 - Personal Factors

All of these can lead to ***miscommunication***

MINIMIZING MISCOMMUNICATION

- Active Listening
- Asking Clarifying Questions
- Prefacing Conversations
- Ask for What You Need
- Giving Feedback

OTHER WAYS TO IMPROVE OUR COMMUNICATION

- Weekly Check-Ins
- Timeouts
- Responding to Bids for Connection
- Five Love Languages
- Understanding our Patterns and Habits
- Using “Fair Fighting Rules”

FIVE LOVE LANGUAGES (GARY CHAPMAN, WWW.5LOVELANGUAGES.COM)

- Acts of Service
- Physical Touch
- Quality Time
- Words of Affirmation
- Gifts

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WHEN WE'RE NOT GETTING ALONG....

(DOUGLAS TILLEY)

- What I do
- How I feel
- How my body feels
- How we interact

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FAIR FIGHTING RULES (THERAPIST.AID.COM)

- Ask Yourself Why You're Upset
- Discuss One Issue at a Time
- No Degrading Language
- Express Feelings (I-Statements)
- No Stonewalling
- No Yelling
- Take a Timeout
- Attempt to Come to a Compromise/Understanding

QUESTIONS? I'D LOVE TO HEAR FROM YOU!



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