

Improve Your Couples Communication by:

1. Focus on the Good in Each Other.
2. Praise Each Other Often. (say it, write it, sing it...it doesn't matter how, Just Do It!)
3. Take Time to Listen. Listen to understand, not judge. After listening, tell your partner what you heard before you share your own ideas.
4. Be Assertive! Use "I" Statements rather than blaming "you" statements. Let your partner know what you need! Don't let your wants, needs and desires become a guessing game.
5. Give your Relationship the Importance and Attention you did when you first met and were dating!
6. Log onto www.WYOFAMS.org to learn more, borrow a book or DVD on communication or to register for a class in your area!

This booklet contains selected excerpts from PREP and from Prepare-Enrich and Empowering Couples published by Life Innovation's, Inc. If you would like more information on either of these curricula, please visit www.prepare-enrich.com or borrow them from WHMI's Lending Library on the web at www.WYOFAMS.org, then click "Borrow a Book or DVD"

To Learn More or to Register for a Class in Your Area, Contact Us!
1-866-WYO-FAMS www.WYOFAMS.org

Improving Your Communication Couples Activity

Get out two sheets of paper (one for each of you) and answer the following questions. This will help you both begin to explore the uniqueness of your relationship!

- 1- List three (3) things that you really like about how your partner communicates.
 - 2- List three (3) things that you would like your partner to change about how they communicate.
- *After you have completed your individual lists, share them with each other and discuss the similarities and differences.

Couple's PRACTICE: Take time right now to practice the Speaker-Listener Technique and "I" Statements with each other. Practice improves communication!

Communication is the **KEY** to a Successful Relationship...



Selected Excerpts from *Empowering Couples* by Olson and Olson

Communication
is the **Vital** and
Essential link to
every aspect of our
Relationships!



1-866-WYO-FAMS
www.WYOFAMS.org

WHMI
Strong Families 
Strong Wyoming