

How Satisfied are You with Your Communication as a Couple?

We communicate every day, from simple greetings and how you like your morning coffee, to interactions at work and settling disagreements. We communicate our wants, needs, instructions, and even our moods to those around us. In a marriage, communication is the key to having a successful, intimate and loving relationship, but what if communication isn't your strong point? Here's good news:

Good Communication can be Learned!

It takes determination, effort and courage to develop compassionate communication in your relationship, but it's well worth the effort! Communication is not just about speaking and listening, but sharing feelings and understanding each other. Strong communication skills have the ability to bring couples together the same way weak communication skills can drive them apart.

5 Common Characteristics of Happy Couples:

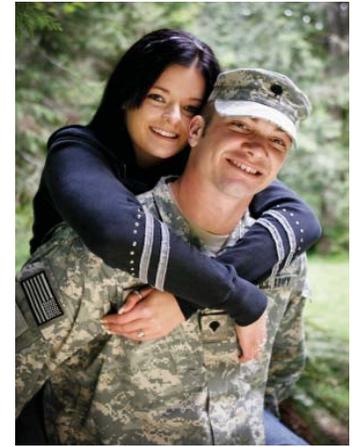
- 1- Very Satisfied with How We Talk to Each Other
- 2- My Partner Understands How I Feel
- 3- It's Easy to Express My True Feelings
- 4- My Partner is a Good Listener
- 5- My Partner Does NOT Put Me Down



Read On and Learn How to Improve YOUR Couple Communication Skills!

Here are some reminders for those of you just beginning with "I" Statements:

- *Make sure to name a feeling right after you say "I feel..." Don't slip into saying "I feel like..." - you will be telling the Listener that you are offering an opinion instead of sharing your feelings. Stick to "I feel sad/glad/hurt/scared/etc."*
- *Don't slip in a disguised "you" statement, for example, "I feel like you always___" Keep the focus on yourself and your reactions.*
- *Don't pretend your feelings are less than they are. Say "I feel hurt" rather than "I feel just a little upset". Try to simply name the emotion and move smoothly on to the rest of the "I" Statement.*
- *Avoid naming anger as the emotion - it is usually a reaction to another feeling. First you feel hurt and then you get angry about being hurt. Try to identify the original feeling and focus on that. Saying you are angry will generally only produce an angry response from the Listener.*



After constructing a good "I" Statement, the Speaker-Listener Technique should help you have a constructive discussion with your spouse. Angry arguments can become a thing of the past when you learn these skills and use them consistently.



We all want and need to be understood and respected by the people we love. Usually arguments cause both spouses to feel misunderstood and disrespected. Becoming a good listener and using the Speaker-Listener Technique can go a long way toward giving each spouse a sense of getting what they really need from each other. ***Keep practicing and it will become second nature to you!***