

Communication

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Live Life

Passionately Ever After

Communication is important in my relationship. It is not about disseminating information, but seeking understanding. Listed below are some "tips" to help you improve your effectiveness in this relational skill.

- Eliminate outside distractions, (newspaper, television, computer, telephone, etc.)..
- Make eye contact, focus on individual and show your interest in them and the subject.
- Honor and validate their feelings, even if you do not agree.
- Reflect back what you heard before sharing your idea(s).
- Avoid "why" questions. They evoke defensiveness. Use "how" or "what" questions.
- Do not shame, belittle or minimize the person or their feelings.
- Eliminate "but" from your reaction. It minimizes what was just said. Use inclusive conjunctions such as "and" or "also".
- Stay focused on one topic at a time until you achieve agreed upon resolution.
- If things get too intense, take a break. Come back at a later (but soon) time.
- Finish the interchange with a sincere and positive affirmation of your friendship or love.

Our ability to get our needs met in life is dependent on this important skill. Implement these tools and have confidence in your ability to share ideas and resolve issues. For additional assistance in living life passionately ever after call...

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At

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