Communication Basics

The following are some basic concepts about communication in relationships. These "do's and don't's" will give you greater insights into how to truly communicate with those you love.

1) Don't interrupt. (Can only focus on one thing, AND "Stradivari violin"

2) Don't lecture (Parent, Adult & Child roles)

3) Demands Vs. Requests (I love it when . . . )

4) Be careful not to use Absolutes, i.e. Always, Never

5) Speak only for yourself: Use 'I' statements, not "You" statements
    Don't say: I know exactly what you want, think, feel, etc.

6) Use terms like: "My perception or view is"

7) Speak your piece as briefly as possible. "Shovel of snow instead of an avalanche."

8) Keep eye contact and your mouth closed when listening

9) Never get caught up in the "L.A. Law game"

10) Listening steps
    a) First listen without interrupting
    b) Restate the bottom line of what they just said
    c) Ask if you restated accurately
    d) Now ask permission to state your response
        When permission is given the roles are reversed. This may go back and forth several times
        Goal: To have BOTH partners feel UNDERSTOOD.
        Conflict diminishes as people feel understood and valued.

11) Shoot a "Communication Flare" up when nothing else is working.
    Example: "I have something important to talk to you about. Are you ready to listen?"

12) Under pressure, stress, pain, etc., Men go into the "Cave" and Women need to "connect."