

4 QUICK TIPS TO IMPROVED COMMUNICATION

CHECKLIST

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Listen

You have two ears and one mouth for a reason. So that you can listen twice as long as you speak. By doing this you show your spouse by your actions that you respect them and what they are saying is important. Using a timer can be a huge help for the both of you. If you don't already have one grab an app on your phone and start using it.

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Repeat Back

Do exactly that. Let your spouse know what you heard them say to you. You can do this by saying, "What I heard you say was...(fill in what was said)". This is important. Don't over look this as it will help both of you clarify any misunderstandings.

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Affirmation

At this point your spouse will either affirm that you heard them correctly or share more insights if you did not catch everything that was said. Don't get frustrated if your spouse shares more insights with you. Take a deep breath, relax and don't get defensive. Your spouse is wanting that deep emotional intimacy that connects the two of you together.

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Acknowledge

Now you can decide how to respond to what you have heard. Together come up with a plan of action that will positively impact your marriage.