

Tips for Better Couple's Communication

1. Start with accepting full responsibility for your role in the problem.
2. Realize that many conflicts are misunderstandings or conflicting goals.
3. Look for the goodness in your spouse rather than assuming negative intent.
4. Open your heart to the idea that you both can be right in your needs and feelings.
5. Learn how to listen deeply to know what your spouse is truly saying.
6. Speak from the heart in an attitude of friendship and caring.
7. Allow yourself to be vulnerable to express softer emotions such as hurt.
8. Acknowledge small changes and positively reinforce them.

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