



DYNAMICS: COMMUNICATION

Communication is the lifeblood of your relationship. The more understanding and better understood each of you feels, the stronger your marriage.



COOPERATING SPOUSE

You specialize in listening. You create a warm and safe environment for great conversations, allowing your partner to feel at ease and open much of the time. Your conversations are rarely judgmental and you're often quite patient, listening long after others would have interrupted. This goes a long way in helping you and your partner have collaborative conversations. You help your partner feel understood and valued and that helps them to open up. You try to stay clear of conversations that involve confrontation.



AFFIRMING SPOUSE

You're rarely at a loss for words. You love to talk. You bask in the attention of being listened to. It's one of your most telling ways of monitoring your approval rating with your spouse. The more your spouse listens, the more you feel loved. And you're adept at moving the conversation to be as entertaining as possible. You're likely a great listener, as well. But you want the listening to go both ways or it's no fun. So, communication for you is a primary means for giving and receiving love in your marriage. If you're having communication problems, you are, by defacto, having marriage problems.



What do you agree or disagree with? Why? What real life examples come to mind in illustrating your talk style?

HOW YOU LIKE YOUR PARTNER TO COMMUNICATE WITH YOU

- Plan sufficient time to talk and listen.
- Take time to be certain that you reach an agreement.
- Talk about expectations.
- Be sincere and use a tone of voice that shows sincerity.
- Plan interactions that support dreams and goals.
- Offer opinions and ideas that are stimulating.
- Be stimulating, fun-loving, and fast-moving.
- Attempt to isolate him from potential interruptions.
- Offer immediate rewards for accomplishments.
- Ask for opinions and ideas.



Select the two you resonate with most. Explain why they are important to you. Give examples of when and how they can do this for you. How can you help your partner succeed?

COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

- Being ready to apologize
- Identifying and expressing feelings
- Inviting and receiving feedback

TONI

- Listening without interrupting
- Coming across as personally warm
- Expressing more genuine interest

CHRIS



Why did you each choose these items? In practical terms, how can you improve and help each other in the process? Give examples.