

# Ten Top Tips<sup>©</sup>

## when people in relationships want to communicate more effectively

1. **You cannot control your partner's behaviour, but you can control how *you* relate to him or her.** For example, you can control how *you* say things, *your* tone of voice and *your* choice of words.
2. **When you see something you appreciate in your partner, let him or her know with words or a gesture.** Show your appreciation by expressing your feelings. For example: "*I* enjoyed our meal tonight" or give your partner a hug.
3. **When you have a disagreement, try to argue constructively without criticising, judging or dumping on your partner.** For example, avoid using words such as „always“, „never“ or „should“, such as: "You *never* help me with anything."
4. **When you are discussing something important, try to become aware of your feelings and those of your partner.** Practice asking yourself: "How and what am I feeling about this situation right now?" Then try to share these feelings with your partner, even if they are negative.
5. **When arguing, be clear and specific over what you are in disagreement about.** Use an "I" statement to express how you feel and how you would like things to be different. For example: "*I* felt hurt when you spent our grocery money on new clothes. *I* would have preferred that you had talked with me first."
6. **Try not to take your partner for granted.** Spend quality time with each other on a regular basis. Relationships need nourishing.
7. **In real love you want what is good for the other person.** In love, which is only romantic, you want the *other person*.
8. **Don't be afraid to admit to your mistakes and shortcomings.** No one is perfect.
9. **Love yourself and make your needs known to each other.**
10. **Never be afraid to seek outside help and better earlier than later.** Seeking help is a sign of strength, not a weakness.



**CENTRE CARE**

"People making time for people"