

10 Ways to Improve your Communication Now

HIGH/LOW CHECK-IN

Every day check-in with your partner and share what you enjoyed most and least about your day. If relevant, share how your partner can be helpful. Feel free to put the timer on 5-7 minutes for each partner to keep the conversation confined.

DAILY COMPLIMENTS

Every day give your partner at least one genuine compliment or affirmation. This helps you communicate the positive things you like about each other. For example, I like it when you .You are great at .

I FEEL EXERCISE

To practice identifying and sharing your feelings, come up with five scenarios to share with your partner. Each scenario should include the statement, "I feel when ." If you need help naming your feelings, use a feelings wheel like the one found here

DAILY TEXT

Set a time every day to text your partner, even if you're working in the same space. Pick a time that would be easy for you to remember, like during lunch. This keeps you and your partner connected during the day.

COMMUNICATION GROUND RULES EXERCISE

Every relationship needs ground rules to keep the conversation focused. Set the timer for 20 minutes and come up with a list of what you think the top 10 ground rules of communication should be. If you get stuck, each person should come up with 5 that are most important to them.

Examples of ground rules could be:

- Don't yell or insult each other
- Don't walk out during a conversation

Don't dismiss each other's feelings

WEEKEND CHECK-IN

Every week share with your partner by completing the following sentences:

- Something I appreciated this week was...
- I need support with...
- I'd love to have fun with you and do...
- I think we need to address...

WISH LIST EXERCISE

Make a "wish list" of three things you would like more of or less of in your relationship. Take turns sharing your wish list. Try not to take more than 60-90 seconds to share each wish.

LANDMINES

create an obstacle course, each partner can lead their partner from one side of the house to the other. One partner utilizes verbal communication to guide their blindfolded partner through the course. while protecting them from the landmines.

SONG OF THE WEEK

Each partner chooses one song that either describes how they feel about the relationship or about what's going on in their life. This activity is meant to prompt conversation about the types of feelings that are evoked and the reason why a particular song was selected.

MATCH METHOD

To avoid a fight, try using the MATCH method when you communicate:

- Mirror - Repeat what you heard your partner say to ensure that you heard them accurately.
- Affirm - "I hear you, I believe you, and I want to understand you."
- Thank - "Thank you for sharing with me."
- Clarify - "This is what I hear you saying you want. Did I hear you correctly?"

Help - "What do you need? Would it be helpful to you if I ? Do you want me to just listen or do something?"