

Tips for Better Communication

- Real communication is what brings people close. Nothing else is a substitute for a good talk.
- Communication means talking together about how we really feel. Talking about things, activities, or other people is not real communication.
- A lack of openness can weaken even the closest of personal relationships.
- Even in the closest relationships disagreements and misunderstandings take place. The key to patching up differences is open, trusting communication.
- When we want to communicate with someone on a touchy subject, we can't just plunge in and say "Let's talk." People usually react to this approach by steering the talk onto a different subject.
- Before communicating very personally with someone, it is good to ask ourselves why we want to communicate, and how we feel about each other at the present time.
- Open verbal communications is our source of growth both as individuals and as persons who love. This is especially true in the relationship called marriage.

- a. Feelings are perhaps more important than thoughts to a person.
- b. To get closer to others, we must share our feelings with each other.
- c. Honesty and openness is essential in getting closer to another.
- d. Listening requires interest and refraining from unnecessary interruptions.
- e. An appropriate time and place fosters good communication.
- f. Before being critical, one should check the facts, have sufficient reason for conveying the criticism, and make sure the other simultaneously appreciates the good we also see in him or her.
- g. Distinguishing between personal needs and wants prevents misunderstandings.
- h. Conveying our care for someone is essential to good communication and to intimacy.

- a. Relating successfully requires effective communication;
- b. Communication requires effort;
- c. Faulty communication is perhaps the biggest reason why relationships fail;
- d. There are ways of improving upon the way one communicates.