



Walker Therapy Services

COMMUNICATING IN RELATIONSHIPS

When discussing a problem to your partner, the first three minutes are the most important. Conversations that start with blame or negativity can end with both parties feeling more frustrated.

Start the conversation calmly and respectfully, so that you and your partner can focus on the problem, instead of who's at fault.

Things that can help you effectively communicate with your partner include:

- Saving the conversation for a time when both parties are calm
- Using calm body language and a steady tone of voice
- Using "I" statements
- Clearly state the problem
- Be respectful of one another avoiding name calling

With practice, this healthy communication technique can help you start communicating better and with respect.