



Couples Conversation

Tips for Good Communication

- Listen well
- Give your partner time to talk and do not interrupt while she or he is talking
- If you don't understand something, ask questions to make sure you have a common understanding
- Respond to your partner in a friendly and respectful way. Show that you are listening and hearing what your partner says, even if you disagree.
- Explain your point of view calmly
- Remember that communication is also through what we do and how we react. When your spouse is talking, do not turn away, try not to shake your head, roll your eyes, fold your arms stiffly, or do anything else that might show you are defensive or angry
- If you need time to think or be quiet, explain this and agree to continue the discussion later
- Try to find a solution that is agreeable to both partners