

SPEAKING THE TRUTH IN LOVE

WORKSHEET #10

Each spouse is equally responsible for communicating who they are and what their wants, needs and feelings are...I am responsible for my half of the dialogue.

“When one person dominates, two people are responsible; The one who over functions and the one who allows or contributes to it’s happening.” Augsburg

I will use I statements.

Re-think and re-phrase.

A word picture is worth a thousand words.

Beware: Red flag word ahead.

It’s not what we say but how we say it.

QUESTIONS TO PONDER

About Myself:

- Do I take full responsibility for my half of the dialogue?
- Can I ask for what I want?
- Do I communicate my thoughts, feelings, desires? Or, am I a lazy or sloppy communicator?
- Do I expect my partner to be a mind reader?
- Do I talk to others about my spouse instead of talking to him/her?
- Do I “clam up” as soon as communication gets uncomfortable?
- Am I willing to take the time and effort necessary to be clear and tactful?

In Relation to My Spouse:

- Do I allow/encourage my spouse to communicate?
- Or am I always unavailable, over-functioning or cutting off communication by attacking or withdrawing as soon as I don’t like what I hear?
- Do I try to be sensitive to my spouse’s feelings and respect his/her point of view?

SUGGESTED EXERCISE

Set aside a specific time daily and practice good communication skills. Create a relaxing atmosphere with pleasant surroundings, perhaps coffee/tea. Begin with a non-controversial subject. For example, “How was your day?” Gradually progress to more difficult areas. Concentrate on hearing and being heard at these times, rather than on solutions.