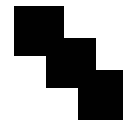


# Steps to LOVING Communication

## **Have Reasonable Expectations**

Partners are not mind readers – tell them.  
There will be times you disagree.



## **Know Your Own Feelings**

If you feel unhappy or uncomfortable, take time to sit down and think about how you really feel and why, so you can do something about it.

## **RECOGNIZE AND CORRECT COMMUNICATION-BLOCKING HABITS**

Try not to generalize with “Never” or “Always”.  
Work at not belittling someone who disagrees with you.



## **Think Before You Speak**

Take a deep breath so you have time to think about what you want to say and can say it with care.

## **Allow the Other Person to Save Face**

Don't embarrass your partner in public by arguing or putting them on the defensive in front of friends.

## **Use “I” STATEMENTS**

I feel frustrated when you are late.

## **Decide What's Negotiable and What Isn't**

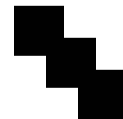
Know where and when to compromise and when to let well enough alone.

## **Make Time for Communication**

Your relationship deserves time so make time to be alone and just talk.

## **Learn to Listen**

Don't jump to conclusions.



## **GIVE EACH OTHER COMPLIMENTS AND POSITIVE COMMENTS**

It's sometimes harder to say something to show you care than to argue.