

5 Mindsets

to Improve Communication In Relationships



How do I improve the communication in my relationship? When I am asked that question it generally means my partner does not talk to me enough and does not respond to me the way I would expect them to. What needs to be looked at is the language used by both parties, the body language as well as the words used. After all, communication is multi-levelled.

We are always communicating whether we are aware of it or not. It is said that communication is about 74% body language, 20% tonality and 6% words. Taking time out to understand the signals will help us understand better what our partners are saying. If we only go by the words they use, we will probably get it wrong most of the time.

“You cannot *not* communicate”

- NLP Presupposition

Say what you mean and mean what you say

Most people are not mind readers. If you want to say something, say it using clear language without creating some form of hidden code within your language, expecting your partner to decipher it instantly, then getting upset and thinking they don't love you or understand you when they respond back to what you said (not what you meant to say but didn't). Help your partner out by being honest, open and up front in all your communications. Create an environment where you are both able to say whatever is on your mind without fear of the other partner criticising, making light of or looking down on you.

“Communication leads to community, that is, to understanding, intimacy and mutual valuing”

- Rollo May

Creating rapport not rap

Rapport is a deep connection with someone. Having rapport makes communication easy because you become like-minded, i.e. you know what someone is saying, thinking or feeling at the moment they communicate it. As the word implies, rapport is a two way thing and is the most effective way to communicate with someone. It is a skill that can be learned by those who find it difficult to connect and relate to others.

If you are rapping, you are like the hip hop stars who go onto the mic for five minutes non-stop talking without coming up for air. At the end of your rap, your partner will have forgotten half of what you said and probably switched off. Your time and energy would be wasted. Better to have rapport, a two way flow and interaction, give - and - take listening and talking. Think about how you would like someone to communicate with you and start from there.



Concede all Arguments

Arguments and defending one's position will not help improve communication in a relationship. Before you decide to get into an argument and are busy preparing the case for the prosecution in your head, remember that everyone is right because we all come from a different standpoint, which justifies our mindset. Bear this in mind and have your discussion, not argument, in a constructive manner.

“Seek first to understand then to be understood”

- Stephen Covey

Create a win win situation

Give your partner time, space and approval, allowing them to be themselves and expressing things in a way that suits them. If it helps, write down any major issues you may have in your relationship and present them in the form of a letter which you can both discuss. Encourage your partner to write a letter at the same time as you so that they also have a chance to express any issues they are not happy with. These letters shouldn't take the form of a character assassination. Write about how certain words and actions make you feel, try and come to an arrangement which benefits both parties.

Have a daily audit

At the end of the day reflect on your major interactions and how the exchanges went. Monitor your own body language and ask yourself what you were communicating about yourself - chances are it will have had the same nuance for other people as well. Think about what you said and what the other person said, remembering their tonality and body language. Reflect on what their whole self was communicating, not just the words. Do you understand that person better now? How can you communicate with them again in a more effective manner?

“Relationships are one of God's greatest gifts to mankind, when we take the time to cultivate them the blessings are endless”

If you would like a complimentary coaching session please send an email to me at ultimate2ask@hotmail.co.uk and mention Nubia Magazine as a reference.

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