

Getting to Happily

8 Week Relationship MakeOver

Step 1: Record your thoughts about communication in your relationship.

Respond to the questions:

What do I think about my communication?

“What do I think about my partner’s communication?”

Complete the following sentences:

Because I think these thoughts, when it comes to communicating with my partner, I...

Because I think these thoughts, when my partner is speaking to me, I...

One thing I know I could do today to improve our communication is...

Step 2. Visualize your ideal communication. Consider any or all of the following questions:

What would you talk about on a daily basis?

What would you regularly say to each other?

How would you feel when talking to your partner?

How would you talk about issues in your relationship?

How would you handle arguments and disagreements? What would be the ultimate outcomes?

How would better communication make a difference in your relationship?

Step 3. Record your communication type and style. What really stood out to you as accurate?
What did you learn?

Step 4. What do you suspect is your partner's communication type and style? In what ways can the ways each of you communicate enhance your relationship?