

Are You Having Trouble Talking to Your Partner?

Do you and your partner find it difficult to talk about the following topics? Are these constant issues that seem to take a toll on your relationship?

- Finances
- Sex/Intimacy
- Household Responsibilities
- Commitment
- Parenting
- Quality Time



If these or any other topics seem to continuously add stress and tension to your relationship, you and your spouse may benefit from talking to a counselor. Early intervention such as, couples counseling can improve your relationship and help you and your partner learn better ways to have those difficult conversations.

Communication is vital. Productive and effective communication between spouses can help build a stronger and healthier relationship. Having good communication skills can also assist in preventing arguments and unnecessary conflicts. The following are some helpful tips to take the stress out of talking to your spouse...

- ***Listen***

Listen to what your partner has to say. Instead of focusing on what you may want to say, make a conscious effort to intently listen to the words your partner are speaking and the feelings expressed. Active and attentive listening shows that you are present and interested in what your partner has to say. If you find yourself unsure about a point, ask your partner to clarify instead of assuming.

- ***Be Positive***

Having a positive attitude in challenging situations can make a huge difference. Being positive and optimistic can help alleviate tension in situations that can easily become heated. The more positive you are, the more likely your partner will respond positively to you.

- ***Empathize***

Try to see things from your partner's point of view. Picture yourself in their position and ask yourself how you would feel or react. Doing so can keep your own biases, preconceived notions, and judgments from getting in the way of understanding your partner's perspective.

Genesis encourages you to copy and distribute this information for educational purposes. Please help yourself and others.

- **Be Respectful**

Always be respectful. A little R-E-S-P-E-C-T never hurt anyone. Kindness can go a long way in tense moments. Name-calling, insults, and use of foul language are not constructive and in the heat of the moment it is easy to say things that can be very hurtful to your partner. Try to remain polite and considerate.

- **Work to Resolve Conflict**

Work to resolve issues and conflicts so that they do not continue to grow. Viewing conflict resolution as the goal when you and your partner disagree can make a difference. Don't argue just to argue, get to the root of the problem. Encourage and facilitate change as a means to a healthier, happier relationship and a healthier, happier **YOU**.

Remember to keep it **SPICY**...

Date Your Spouse – try planning a date night at least once a month.

Be Adventurous – do something new together...keep it interesting.

It's the Little Things – write love notes, call/text just to say, "I love you", give compliments.

Invite Intimacy – hold hands, cuddle, kiss, give massages, be playful, & enjoy intimacy.

Resources:

Videos

Ted Talks – Julian Treasure: 5 Ways to Listen Better

https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better

Ted Talks – Esther Perel: The Secret to Desire in a Long-Term Relationship

https://www.ted.com/talks/esther_perel_the_secret_to_desire_in_a_long_term_relationship

Ted Talks – Jenna McCarthy: What You Don't Know About Marriage

https://www.ted.com/talks/jenna_mccarthy_what_you_don_t_know_about_marriage

Books

The 5 Love Languages by Gary Chapman

Hold Me Tight by Sue Johnson

The 7 Principles for Making Marriage Work by John Gottman

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