

# I WANT US TO BE ABLE TO COMMUNICATE BETTER...



## WHY IS COMMUNICATION IMPORTANT?

Communication is important to make relationships better because it is how we connect with each other. It can be verbal (like speaking and listening) or non-verbal (gestures like smiling and holding hands).

Communication helps us to make sense of the world, to cope with strong emotions, to solve problems together, and to plan our future.

## WHY MIGHT COMMUNICATION BREAK DOWN?

There are lots of reasons why couples stop communicating. Silence can be a sign of being comfortable with each other, but it might also mean that you are not making the effort to connect. A lack of connection can stop your relationship from being strong. Sometimes communication breaks down between us because we bottle up what we're thinking and how we're feeling because we don't know how to express our thoughts and feelings in words. It may be that our partner can help us to express if they are ready, willing and able to listen and to understand.

## COMMUNICATING BETTER

Improving your communication can help you to find common ground when arguments happen and help you understand each other. Some people find it easier to write things down. You could write the other person a letter or a note saying what you are finding it hard to say aloud.

Chatting about little issues, as well as the important issues, can contribute to the better relationships. But, sometimes we might want to avoid important issues by chatting about small issues instead! If this is the case, it will be helpful for you to set aside time to talk without being interrupted, or to ask someone else such as a counsellor to help.