

5 Heart-Breaking Communication Mistakes

Put the Magic Back in Your Relationship

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1. Case Building

2. Story Telling

3. Message Assuming

4. Cup Stuffing

5. Fatal F's Fix-Fight-Flee

4 Steps To Heart Opening Intimacy

1. Observations-just the facts.

When you saw or heard or did...

When I saw or heard or did...

2. Feelings what to do feel?

Feelings List

- * Sad * Mad
- * Joy * Glad * Hurt
- * Angry * Scared
- * Happy
- * Lonely * Frustrated
- * Confused

3. Needs met are not met?

Needs List

- * Connection * Trust
- * Support * Love
- * Understanding
- * Contribution
- * Autonomy

4. Requests to say or do?

Are you wanting me to say or do something?

Would you be willing to say or do???

1. Easy Wins
Make it easy to win in your relationship

2. Greatest Gift
The Gift of Receiving,

3. Empathy 1st
Before advice, opinion or education

4. It's Not Personal
"Understanding is not agreement"

5. Intimacy
The greatest aphrodisiac

6. Baggage Handling
Yours and theirs

7. Dishes Daily
Not letting the issues pile up

7 Secret Paths to a Relationship Oasis