

GREAT MARRIAGES DON'T *JUST* HAPPEN

Webinar Series - Session One

COMMUNICATION

The one tool we *have to* have

What gets in the way of good communication?

1. Fear

2. Communication style differences

Internal

External

Fact

Feeling

Minimize

Magnify

Indirect

Direct

CONVERSATION

- Compare your responses for each of these.
- How are your differences getting in the way of good communication?

3. Shame

4. Family of origin conditioning

Tools for better communication

1. Clarify the conversation you're having.

2. Ask good questions – be curious.

3. Listen better.

4. Choose better words.

CONVERSATION

- What's your current Positive/Negative ratio?
- Write your own answer, then compare. Ask good questions!

5. Believe the best.

Please visit familylifecanada.live to access the FamilyLife Canada Podcast and the latest digital resources to strengthen your relationship.