



Purpose

In your romantic relationships, there are times where communication between you and your partner could be challenging. Whether it's talking about a specific topic, expressing your needs, or simply having a casual conversation, this may not always come easy. Using suggestions to help better the communication between you and your partner can help with the overall relationship.

Tips for Communication in Relationships

Create Routines

Try making communication more routine in your relationships. For instance, you could regularly check in with your partner about their day or have set times to communicate and connect with your partner. Another option for having more structured communication in your routine could be creating specific times for in-depth quality time. Creating quality time could look like going on a date, eating together, collaborating with chores, or doing a shared hobby. These are just some ideas; quality time and structure look different for everyone.

Express How You Feel

Find ways to express how you are feeling and open up to your partner about your emotions. Having open communication about your feelings can help with a more in-depth understanding of each other and create more depth and trust in your relationship. Remember, you can always be transparent and let your partner know that you want to express yourself and need support during this conversation.

If you find that you struggle with thinking about what you need to say in the moment, a few things that might be helpful are to write down how you are feeling and what you want to say or talk to a third party to know what you want to discuss with your partner before sharing it.



Communicate Your Needs

By communicating your needs clearly and directly, you can potentially reduce the risk of misunderstandings in your relationship. You can often be left feeling negative when your needs are not met, and it can feel like your partner does not hear you. Removing the possibility of misunderstanding is a proactive way of having your needs met and clearly understanding what you and your partner desire from each other.

Remain Present When Communicating

Disconnecting or being distracted when trying to communicate with your partner can often build tension or frustrations. Remaining present and focused can help bring you and your partner back on the same page. Try turning off devices, giving your partner eye contact, and offering your undivided attention. Let them speak without interruption. While you are listening, it is essential to remain present. Do not focus on trying to solve their problems or worry about what to say next. Just focus on the conversation.

Sources:

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