



Communicating in personal relationships can be tricky. Miscommunications can be a huge source of dissatisfaction in a relationship with your child, spouse, parent, sister, or friend. Thankfully, you can learn to communicate better and teach those around you to do the same.

These 5 considerations are keys to improving communications in your personal relationships.

1. Opener – use an open-ended question to engage with another. (Tell me how you felt when... That looks like an interesting book..... Tell me how your day was.....)
2. Topic – Try to keep to one topic at a time. This will help keep things clear.
3. Talk – Have your say, kindly, openly, and compassionately.
4. Listen – Quietly listen to what is being said without formulating a response in your head. Just listen.
5. Action – Take any action resulting from above.

The following best practices are important to remember:

- Be present
- Be open
- Have time
- Focus on the other person's needs
- Listen to connect rather than thinking to reply or to even understand (**connect** means to have the other person's wellbeing foremost in your mind)
- Demonstrate what you have heard the other person say
- Show appreciation for their sharing

Bring *topics* that are on your mind to discuss and make the request to get the conversation going on these requests.