Positive Communication - Key Concepts

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- If you’re **not** at “neutral” emotionally — **DON’T TALK!**
- Develop a **mindset** that everyone has their own “correct” perception of reality. **Neither perception is “better” or more correct!**
- Everyone defaults to thinking from their **own perception of reality**.
- Most people are more interested in trying to **get the other person to see their view of reality/their perception** than in trying to understand the other person’s view.
- Your spouse can’t read your mind if you won’t clearly and **thoroughly communicate** what you think/ feel/ want/ need.
- Positive communication (“**Active Listening**”) helps you learn to **really listen** and helps you learn to also **see the world from your spouse’s perspective**.
- **Active Listening** and responding more selflessly/openly/honestly/fully helps you both feel understood (“in-to-me-see”) - reduces defensiveness and reactivity (even if you don’t agree with each other).
- We all want to be heard and understood. **Feeling heard motivates you** to want to hear your spouse as well.
- Positive communication is more about the **state of your heart** than anything else. If you haven’t yet cleaned out anger, frustration and/or resentment you won’t be able to **communicate well.**