

# Positive Communication - Key Concepts

Laura M. Brotherson, LMFT, CST – The Marital Intimacy Institute –  
StrengtheningMarriage.com

- 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.