



How To Express Yourself

Summary

- Your partner is not a mind reader. They cannot truly know what goes on inside your head. Everybody has a different way of thinking about the world.
- Your partner can only learn to understand you if you let them know what you are experiencing.
- Expressing your thoughts and feelings not only let's your partner know what goes on for you but helps you to clarify things for yourself too.
- Feelings cannot be suppressed for long – they will bubble up eventually.
- There are unhelpful ways of expressing your frustrations, e.g. nagging, being obscure or avoiding a conversation.
- Expressing 'difficult' feelings will help build more intimacy and a stronger relationship.

The Relationship Maze