



How To Talk To Your Partner

Summary

- Good communication is key to help you build the capacity for a long term relationship.
- Difficulties arise because you may have never learned to communicate effectively when growing up, you may be scared of your partner's reaction to what you have to say or you may have negative associations that stop you from talking honestly.
- You may be scared of being understood by your partner.
- Learning to listen properly is the foundation for learning to understand your partner.
- If you don't express your thoughts and feelings your partner can't learn to understand you.
- Communication patterns need to be brought into awareness and regularly reviewed.