



Talking Together

What is Communication?

What is communication?

The exchange of information between people

Verbal Communication

Written or spoken language

Non Verbal Communication

Body language; facial gestures and expressions, personal distance, silence and visual contact; the way we sit down, walk

Talking Together

In Relationships, communication can be the source of...

great satisfaction



and/or **great conflict**

Talking Together

In talking together, *how you say it* is as important or more important than what you say.

What Couples Talk About

- ❖ Work or School
- ❖ Chores
- ❖ Other family members
- ❖ Conversations with others
- ❖ Food

What Else Do Couples Talk About?

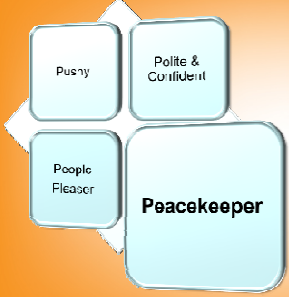
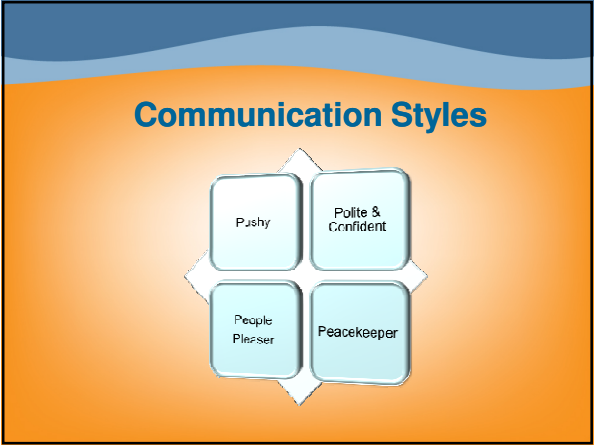
ACTIVITY 1

Let's Talk About It




ACTIVITY 2

Puzzle Play



Peacekeepers...

- Have a hard time saying "No"
- Feel guilty saying what they want
- Avoid conflict



People Pleasers...

- Have a hard time saying "No" because they don't want to hurt other people's feelings.
- Place too much importance on what others think and say
- Have a hard time stating their own opinions

Pushy people...

- Are rigid and not flexible
- Always want to be right
- Want to be the boss

Polite and Confident people...

- Lead, but also can follow
- Make their own decisions, but are open-minded
- Take responsibility
- Express thoughts, feelings and beliefs, but listen to others

Benefits of learning and practicing Polite and Confident communication

- Increased confidence and self-respect
- Can say things without offending others
- Can say "No" when needed without feeling guilty
- Can make requests and ask for help
- Can express positive and negative feelings

Let's Practice

Peacekeepers
I will see that movie if you want to.

Pushy
We will see this movie. I know you will like it.

Polite and Confident

Let's Practice

Peacekeeper
I don't think our daughter should be friends with Maria. But if you think it's OK, I do, too.

Pushy
Our daughter will not be friends with Maria because I say so!

Polite and Confident

Let's Practice Being Polite and Confident

Using an **"I Feel"** statement

When you _____ (the behavior)

like you _____ (when, be specific)

I feel _____ (your feeling expressed)

Let's Practice Being Polite and Confident

Pay attention to the good things

Using an "I Feel" statement

When you spend time with my family (the behavior)

like you did last weekend (when, be specific)

it really made me feel special and like I am important to you (your feeling expressed)

Let's Practice Being Polite and Confident

Area of Concern

Using an "I Feel" statement

When you don't call me to let me know you are going to be late (the behavior)

like tonight (when, be specific)

it makes me feel scared and worried for your safety (your feeling expressed)

ACTIVITY 3

Writing and Sharing "I Feel" Statements



ACTIVITY 3

Time to Share