



# Instructions

## Relationship Communication Tips and Role Play

### Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Hand each participant a copy of the Relationship Communication Tips and Role Play activity worksheet.
3. After allowing the couple adequate time to review both the activity tip sheet and instructions, offer to assist with questions regarding tips and role play expectations.
4. Begin and facilitate couple role plays. Provide feedback to the couple after they have provided feedback to one another. Feedback could be related to how effective they were or what areas they could continue to work on.
5. Allow each partner the opportunity to share their thoughts about the activity.
6. Ask that couple to continue practicing exercise outside of the visit until they become comfortable with communicating in a style of their own. Offer additional resources listed below, if needed.
9. Encourage the partner(s) to review it in greater detail with each other at a later time/ date. Ask that they communicate with each other regarding what steps they plan to take to implement what they have learned.

### Tips for Discussion and Processing:

Couples should understand that communication is very important to the success of their relationship and

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**Title:** Instructions: Relationship Communication Tips and Role Play

**Group Size:** 10 to 50+; must be even numbered group as they will work in pairs

**Time Needed:** 20 minutes (discussion times vary)

**Goal:** To provide couples with information to improve communication and begin practicing what they have learned.

**Audience:** Couples, Individuals

**Special Considerations:**

#### Resources Needed:

- Communication
- Writing utensils

that communicating and listening is a two-way street. Review the tip sheet prior to the appointment and be ready to provide an applicable example if needed. It is helpful to suggest that the couple avoid using blaming statements such as, “You really messed up here”.

It's important they understand that when communicating to their partner, they should consider how they say what they say. Because this may be the first time for many of the couples to have used these skills, it may be necessary for you to practice with a sample role play first. Use your judgment. They should also walk away knowing that this will take some practice and that putting time boundaries around the practice sessions is helpful as they are learning.

### **Resources:**

Communicate: Improve Your Relationships with Effective Communication Skills

<http://stress.about.com/od/relationships/ht/healthycomm.htm>

Healthy communication techniques to improve relationships-Part I

<http://www.examiner.com/wellness-in-sacramento/healthy-communication-techniques-to-improve-relationships-part-i>