

Effective Communication and Listening

Module 02



Communication and Listening skills are not always about talking. It's important to discover each other needs, wants and requirements.

Relationships take work and it's important to check in every now and then to ensure you are not forgetting what is important.

Exercise Lesson 2

Answer the following questions.

What is the reason you got married?

One of the goals we are working on is...

What makes us a couple?

Issues

List your issues you have with your partner on the chart below.

Review your issues and rate them from 0 (Unimportant) to 10 as (very important) .

Once complete discuss it with your partner.



My Issues

COUPLE FOR LIFE EXERCISE

Issues are concerns that you want to discuss with your partner.

ISSUES	RATINGS	COMMENTS

Add additional notes or comments

Wants

List your wants with your partner on the chart below.

Review your issues and rate them from 0 (Unimportant) to 10 as (very important) .

Review your comments and discuss it with your partner.



My Wants

COUPLE FOR LIFE EXERCISE

Wants are the icing on the cake. They are "nice to have" but if they are missing in the relationship, it will not affect the viability of the partnership.

Add additional notes or comments

Requirements

Requirements usually have the following characteristics:
They are non-negotiable; the relationship would not work for you if it were missing.

They tend to be black or white, met or unmet, usually not much room for gray. While black or white, they also tend to be subjective; what matters is if the requirements is met or not met to your standards.

They tend to have much power: if you have to think about it, changes are it's a need.

They are behavioral events in the relationship, not traits of your partner.

For each requirement listed, ask yourself the following question: "Could our relationship work for me if this were missing?" meaning that if it were missing, you would have to leave the relationship, no matter how committed you were, or how much you love each other and wanted to make it work.

Here is a list of some examples:

- Addiction-free
- Honesty
- Mutual respect
- Mutual emotional support
- Open communication
- Trust
- Physical compatibility

Remember that requirements are characteristic of your ideal relationship and are not traits of your partner.

Example: One of my requirements is Addiction-free. I could not be with a partner that has an addition with drugs or alcohol.

Partly because as a child my father was an alcoholic and that would continue to trigger my past.



My Requirements

COUPLE FOR LIFE EXERCISE

Wants are the icing on the cake. They are "nice to have" but if they are missing in the relationship, it will not affect the viability of the partnership.

Add additional notes or comments

Functional & Emotional Needs



List your functional and emotional needs you have with your partner on the chart below.

When creating your list ask the question: "Would I experience an issue each time this event did not occur?"

Needs that do not apply to the question are most likely wants.

Sample List of Functional Needs:

- kept agreements
- organization
- Good Planning
- Detail-orientation
- Cooperation
- Shared domestic chores
- Financial Responsibility
- Handy around the house
- Pick up after self
- Ability to get along with others

Sample list of Emotional Needs:

- Affection
- Empathy
- Trust
- Generosity
- Loyalty
- Inquiry
- Appreciation
- Consideration
- Thoughtfulness
- Sacrifice
- Listening
- Compliments
- Surprises
- Encouragement

My Physical & Emotional Needs

COUPLE FOR LIFE EXERCISE

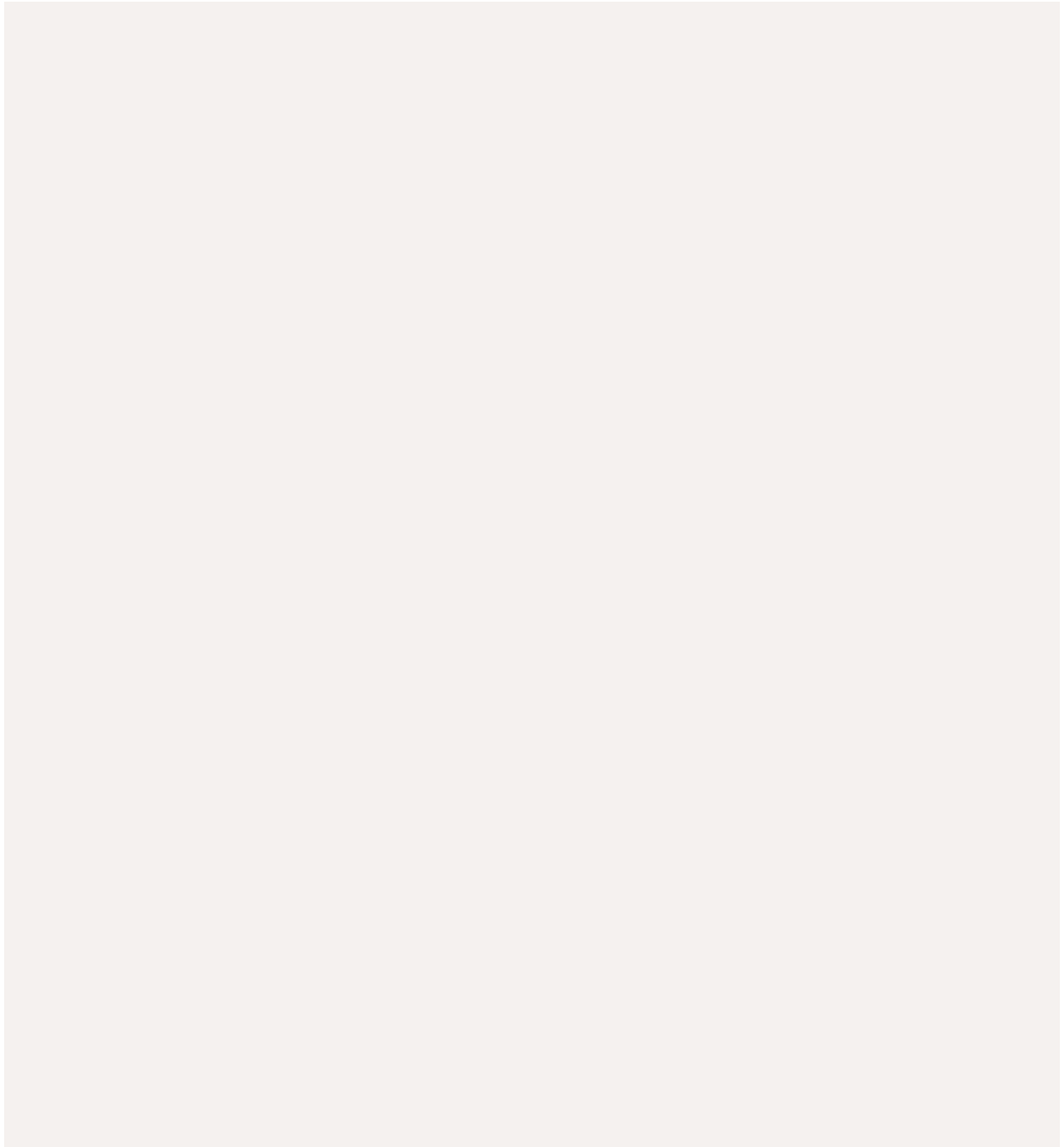
Physical and Emotional needs are an important part of a relationship. It creates a foundation for your future and sets the expectations of one another.

PHYSICAL	EMOTIONAL
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Add additional notes or comments

Relationships

Best describe your feelings regarding your expectations in the marriage.
After you have completed the exercise discuss it with your partner to see if you have the expectations you were looking for.



Relationships

Answer the questions regarding the person who is important to you. Indicating how much you agree or disagree.

Description	Agree	Disagree
I sometimes feel ignored when I need the most attention.	<input type="checkbox"/>	<input type="checkbox"/>
My partner usually doesn't understand what I'm feeling.	<input type="checkbox"/>	<input type="checkbox"/>
I often have difficulty getting a meaningful conversation with my partner.	<input type="checkbox"/>	<input type="checkbox"/>
I find my partner gets angry at meaningless things.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner doesn't support my needs as a partner.	<input type="checkbox"/>	<input type="checkbox"/>

ADDITIONAL COMMENTS

Relationships

Answer the questions regarding the person who is important to you. Indicating how much you agree or disagree.

Description	Agree	Disagree
I feel my partner doesn't want to take the time to listen to me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner has difficulty opening up to me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner doesn't contribute their share in the responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel the person doesn't care about their appearance.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner doesn't engage enough sexually.	<input type="checkbox"/>	<input type="checkbox"/>

ADDITIONAL NOTES

How well do you know your partner?

Answer the questions regarding the person who is important to you. Once complete discuss the answers with your partner.

Description	Yes	No
My partner generally likes my personality.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is my best friend.	<input type="checkbox"/>	<input type="checkbox"/>
Our sex life is most satisfying.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is a good listner.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is great at solving problems.	<input type="checkbox"/>	<input type="checkbox"/>

ADDITIONAL NOTES

How well do you know your partner?

Answer the questions regarding the person who is important to you. Once complete discuss the answers with your partner.

Description	Yes	No
My partner listens respectfully when we have discussions.	<input type="checkbox"/>	<input type="checkbox"/>
We meet together with our values and goals in life.	<input type="checkbox"/>	<input type="checkbox"/>
There is alot of give and take when we discuss our concerns or issues.	<input type="checkbox"/>	<input type="checkbox"/>
We have great communication skills together.	<input type="checkbox"/>	<input type="checkbox"/>
We both have similar needs and wants.	<input type="checkbox"/>	<input type="checkbox"/>

ADDITIONAL NOTES

How well do you know your partner?

Answer the questions regarding the person who is important to you. Indicate whether you agree or disagree.

Description	Agree	Disagree
I feel my partner doesn't want to take the time to listen to me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner has difficulty opening up to me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner doesn't contribute their share in the responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel the person doesn't care about their appearance.	<input type="checkbox"/>	<input type="checkbox"/>
I feel my partner doesn't engage enough sexually.	<input type="checkbox"/>	<input type="checkbox"/>

SCORING

Scoring: Agree 0-5 Disagree - 5-10

If your score is under 5 this is great news and you have the ability to state clearly with your partner. If you score is 8 or higher you need to work on your relationship.



Facts vs Behavior

STEP ONE: REVIEW THE FACTS

“The sky is blue, we’re walking in the park together, the temperature is about 76 degrees, I just said “It’s a beautiful day” and my friend said “No, it sucks.”

STEP TWO: REVIEW YOUR JUDGMENTS AND BEHAVIOUR

“Hmm, I believe it’s a gorgeous day, walking here is wonderful, and I judge that my friend isn’t getting it at all.”

STEP THREE: IDENTIFY YOUR FEELINGS

“I’m glad it’s such a beautiful day, sad that my friend is troubled and not enjoying it, frustrated and angry at their negativity.”

STEP FOUR: MAKE A CONSCIOUS CHOICE

Once you’ve separated the facts from your judgments and feelings you are in a much better position to decide what to think, feel, and how to react.

Notice in the above example that the judgments and feelings are mixed, which is common. If you are conscious you can choose amongst the mix of judgments and feelings that you will embrace and act upon, and which you will discard or leave alone.

In the above example you might decide to focus upon your sadness that your friend is having a bad day and choose a compassionate response, and to discard your judgment that they aren’t “getting it.”

Facts vs Behavior

Example # 1

Negative thoughts or actions

01

My manager doesn't know anything. I can do his job alot better than him.

Self belief or excuses

03

I was never able to go to school to further my education because I started working at a young age.

Programmed to think this way

02

What: I was always taught that you need to work hard to accomplish anything.

Why: Growing up I saw my father work long hours to support the family.

Real truth: I was taught to gain anything in life you have to work hard.

Taking ownership

04

I feel unappreciated in my job and if I want to feel appreciated I have to find another job and I'm not ready to do that.

True answer:

05

It's management problems that the manager isn't qualified. My role is to do the best I can and not take anything personal. Let it GO.
Wasted Energy

NOTES

Facts vs Behavior

Example # 2

Negative thoughts or actions

01

My partner always step in when it comes to disciplining the kids. I don't have a relationship with my kids.

Self belief or excuses

03

I work alot and I'm tired to do anything at night or get involved i with the kids.

Programmed to think this way

02

What: I was always wanted a close relationship with my family.

Why: When I was young I never had a relationship with my parents.

Real truth: It's important to me to have a relationship with my kids.

Taking ownership

04

It's my partner's fault that I don't have a relationship with my kids.

True answer:

05

Take ownership of your responsibilities as a parent and create a relationship by participating and finding the time to spend with your family. No one to blame but yourself.

NOTES

Facts vs Behavior

Exercise: write your own personal belief

Negative thoughts or actions 01

Self belief or excuses 03

Programmed to think this way 02

Taking ownership 04

True answer: 05

NOTES



Expectations

Over a period of time relationships tend to diminish and the level of happiness eventually fades away. Because the perfect relationship or the honeymoon as we say is over.

Reality sets in and responsibilities take over. Our expectations become confusing, and we tend to set the wrong type of goals or expectations.

Talking to your partner about your expectations are important. Also, being realistic when you are discussing the issue.

Common expectations of your partner are as follows:

-both parties can expect love, care, trust, respect, support, and sexual intimacy

Some areas of discussion would be:

- relationship boundaries
- division of responsibilities
- family responsibilities
- personal responsibilities
- friendship responsibilities

Here are some examples that you need to discuss with your partner. When you discuss your expectations, this will eliminate arguments or issues that could arise. If you haven't discussed the expectations, it's never too late to start now.

This method is creating a foundation for your future.

Expectations

Before discussing your expectations write down what you feeling and your thoughts. Then review your notes and pick out the 3 most important issues.
