



Communication Tips

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Effective Communication is a Tall Order

- **Effective Communication isn't easy.**
- **The Challenge is so communicate in ways that:**
 - Accurately convey our ideas, feelings, and needs
 - Respect the ideas, feelings, and needs of the other person
 - Send a clear, unambiguous message
 - Invite (rather than discourage) a response
 - Allow the other person both time and space to respond

Good Communication Provides Important Benefits for Your Relationships

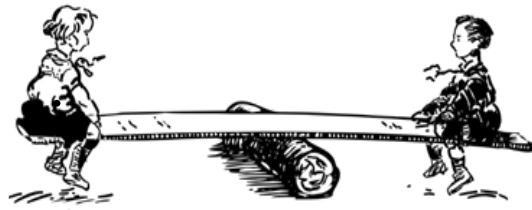
- **Provides a strong foundation for building trust and respect**
- **Offers the key to developing and maintaining intimacy**
- **Is a lifelong gift worth giving**

Our Lives are Filled with Potential Barriers to Good Communication

- **No good time or place**
- **Inability to put feelings/thoughts into words**
- **Concerns about upsetting the other person**
- **Embarrassment**
- **Avoidance of painful issues**
- **Mood and/or cognitive changes that interfere**

Effective Communication Needs to Feel Balanced

TALKING ↔ LISTENING



Try These Approaches When Listening

- **Do's:**
 - Find a quiet place with minimal distractions
 - Listen actively and confirm what you've heard
 - Pay attention to your body language (eye rolling, smirking, finger jabbing, doing something else at the same time – like answering your cell phone)
 - Use a short-hand signal (e.g., “ouch!” if your partner says something hurtful; put up your hand if your partner is talking to fast or has confused you in some way)
- **Don't's:**
 - Interrupt
 - Jump to conclusions - if you're not sure what someone is feeling/thinking, ask
- **Others you want to try?**

Try These Approaches When Talking

- **Do's:**
 - Make time for talking when neither of you will be distracted
 - Acknowledge difference in coping/communication styles
 - Use “I” statements that are less likely to put the other person on the defensive
 - Give the other person the time to think and respond
 - Confirm that the other person has heard and understood
- **Don't's:**
 - Over-generalize
 - Drip with sarcasm
 - Engage in finger pointing
 - Engage in magical thinking
 - No one can read your mind no matter how much he or she loved you
- **Others you want to try?**