



Seven Do's & Don'ts Of Communication

Communication between any 2 persons is the crux to the health of their relationship. Therefore, it is important to observe good communication if you want to have and maintain a good relationship. The same applies to your spouse, whom you will spend the rest of your life with everyday. Without mastering the effectiveness of how to communicate well with your partner may put your relationship on the rock.

Have you ever wondered why courtship is always the most fun moments of your relationship? How come the once-perfect girl/boy doesn't seem to be able to communicate that well as compared to the courtship period?

Below are some tips for those who would like to rekindle the flame between them and to improve on their communication with their spouse:

- 1) Give your spouse attention.** Since he or she is the most important person to you anyway, give full attention and listen. Express that thought that your partner's importance is never forgotten. Opening up to each other is the only way to keep a relationship strong.
- 2) Don't jump to conclusions or suspect intentions.** No one likes that, it's an unfair judgment, especially if you are completely wrong about the case. Listen attentively, and do not speak until you heard the whole story. Being impatient and frustrated surely does not help things.
- 3) Have frequent discussions on anything under the sun.** Whether it's an event, an important person, a good idea, anything, as moments shared will help build the bond.
- 4) Know when not to speak.** For example, if you are not happy with the way he throws his clothes after a day's work, do not just shoot off. Let him rest, then trust that he will pick them up later. It's not wise to quarrel over trivia matter. Trust is the key ingredient of a perfect relationship.
- 5) Go out with each other regularly and spend some quality time.** Date her! Write her a letter to ask her out as if it is your first time. Talk to each other and enjoy the company. Reminisce about old times; this will further increase your level in her heart.
- 6) Don't be negative about anything or life, for that matter.** Be less critical of things. Most people fall into this habit, most probably due to other people in their lives; such is the state of society today. We have become complainers, and it is a complainers' society.
- 7) Show respect for your spouse, like you would respect everyone.** Respect is something everyone needs, and it must be given in all situations, regardless of mood. If you like to be treated nicely, first learn how to treat people nicely.

Communicating with your spouse can sometimes seem overwhelming. There are a thousand ways to do things and even more ways not to do them! How can you sort everything out so it all makes sense? Take your first step by following the above tips step by step and it will slowly bring the two of you closer to one another.