

# Building Strong Communication With Your Partner



- » **Prepare to articulate your concerns:** Think about what you want to share before beginning a conversation. Remember that your partner cannot read your mind; you must verbalize your feelings and needs.
- » **Consider your environment and timing:** Choose a space where you both feel comfortable. Remove distractions, such as television and phones. Be sure your partner is ready to hear what you have to say.
- » **Avoid finger-pointing and blame:** Share your feelings using “I” statements; for example, “I feel angry when you dismiss my feelings about your family.”
- » **Listen carefully:** Focus on your partner’s words instead of the next thing you would like to say.
- » **Don’t interrupt:** Even if it is hard, give your partner space to share with you by not interjecting when they are speaking. Giving them time to share their feelings will make them feel more heard.
- » **Stop and reflect on how you are feeling in the moment:** If you feel too upset or angry, put the conversation on hold and come back to it when you feel more at ease.
- » **Focus on one topic at a time:** Avoid raising multiple topics in a single conversation, as this can create resentment or hurt. Focusing on one topic allows each partner to express their feelings and move toward resolution or compromise.
- » **Keep talking and prepare to compromise:** Ongoing communication is the only way to make progress. Relationships require compromise and patience. Try to meet your partner halfway and validate their feelings. Don’t dismiss or minimize their perspective.



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