

How to Communicate Effectively

Therapist's Reflection

Suggested Response (Therapist's Voice):

One of the most powerful shifts in communication is learning to listen to understand — not just to respond. It also means being clear *and* kind at the same time. With practice, communication becomes a bridge, not a barrier.

Exercise: The “Calm & Clear Check-In”

Here's a weekly exercise you can do as a couple:

1. Set aside 15 minutes with no phones or distractions.
2. Each partner answers the following questions:
 - What's one thing I appreciated about you this week?
 - What's one thing I'd like us to improve together?
3. Use “I” statements, like: “I felt overwhelmed when...” instead of “You always do that...”
4. Practice active listening: repeat or rephrase what your partner said before responding.
5. End by sharing one small thing you'll do differently next week.