

Examining Communication With Your Partner

Reflect on the following questions:

Talking

- Have your conversations degenerated into being about superficial, practical or predictable topics? Have you become impatient, irritable, or short with each other? Are you dismissive or sarcastic? Do you finish each other's sentences or speak as a unit?

Listening

- How are you listening to each other? Do you interrupt instead of being attentive when your partner speaks? Do you show interest in what your partner says or wait impatiently for him/her to finish? Do you try to understand his/her perspective?

Body Language

- Are you looking at each other? Are you smiling? Are you affectionate and do you lean into each other? Are you sharing amusing moments and laughing together? Are you even in the same room at the same time?