

COMMUNICATION While In Conflict

A key to how well a couple communicates is how well they interact in conflict and affection. It is wise to reflect upon, talk about, and increase your skills regarding these key interpersonal functions. For all of the following questions write your answers and then discuss them with your future spouse.

1. How do you handle conflict or arguments? How do your parents manage conflict?

2. How do you feel while in conflict with someone? How do you feel afterward? Remember, your feelings are not right or wrong, they just are!

3. How would you like to behave differently than you do now when in conflict with someone?

4. What new behaviors can you engage in to make the above intention a reality? Will you do this? How?

5. What makes it easier for you to open up and talk to other people. Make a list of those behaviors.

6. Using the list above, list the ways your future spouse helps you to speak more freely.

7. What blocks you from freely sharing your thoughts, feelings, or intentions with your fiancée?

8. Besides words, in what other ways does your future spouse communicate with you? Be specific.

Resolve to do preventative maintenance on your relationship by fine-tuning your speaking and listening skills regularly! The relationship you safeguard is your own.