



5 Questions To Build Emotional Connection

Beautiful Marriages

Before you begin your discussion as a couple, please review these five tips for good communication:

Good communication is DIRECT.

Don't just talk around the subject. Don't just drop hints, or make others guess. Get to the point!

Good communication is CLEAR.

Share clearly and describe things well.

That will help to make sure that you aren't confusing your listener!

Good communication is SPECIFIC.

Don't be vague or general when you talk.

Include all the details that can help the other person know exactly what you're talking about.

Good communication is HONEST.

For your message to do the most good, it needs to be honest.

Don't say something you really don't think or feel, or that doesn't match the facts.

Good communication is TACTFUL.

Words can hurt, so being tactful means being kind. You have to think about others feelings before you speak. You do want to be direct, clear, specific, and honest with them, but you don't want to say things - accidentally or on purpose - that will hurt them unnecessarily.

5 Questions:

- 1) What do I want that I am not getting?
- 2) What am I getting that I don't want?
- 3) What am I giving that I don't want to give?
- 4) What would I like to give you if things were better between us?
- 5) What am I getting that I do want?