

# Communication and Relationships

April 24, 2024





# Objectives

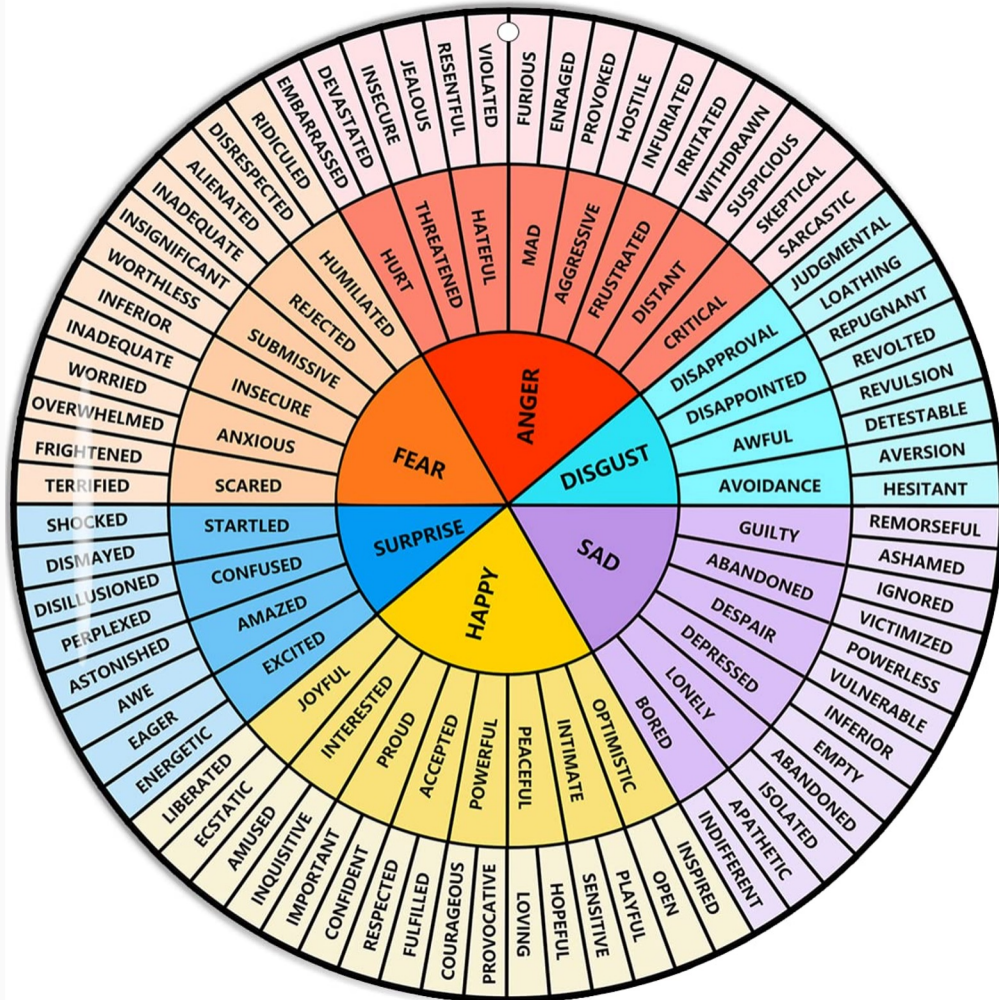
- Understand how to better identify needs
- Understand how to communicate needs more clearly
- Understand harmful ways of communicating
- Understand how anxiety affects communication and mitigate its effects

# 10 Would You Rather Questions

1. Would you rather always be 10 minutes late or always be 20 minutes early?
2. Would you rather have to cook every meal you eat or always have to eat out?
3. Would you rather never be able to use social media again or never be able to watch movies or TV shows again?
4. Would you rather have a job that allows you to work from home or a job that requires you to travel frequently?
5. Would you rather never have to do laundry again or never have to do dishes again?
6. Would you rather always have to wear formal clothes or always have to wear pajamas?
7. Would you rather be able to teleport anywhere or be able to read minds?
8. Would you rather never have to wait in line again or never get stuck in traffic again?
9. Would you rather have unlimited free time but no money or unlimited money but no free time?
10. Would you rather be able to speak all languages or be able to communicate with animals?

# How Do We Know Our Needs Better?

- Emotions Wheel
  - Fear can point to potential danger or harm
  - Anger can point to a need for change
  - Sadness can point to a loss
- Needs Lists
- Talking and Processing with Others
- Prayer and Meditation





# Maslow's hierarchy of needs

## Universal Human Needs - Partial List

(without reference to specific people, time, actions, things)

<u>Subsistence and Security</u>	<u>Connection</u>	<u>Meaning</u>	
<i>Physical Sustenance</i>	<i>Affection</i>	<i>Sense of Self</i>	<i>Meaning</i>
Air	Appreciation	Authenticity	Aliveness
Food	Attention	Competence	Challenge
Health	Closeness	Creativity	Consciousness
Movement	Companionship	Dignity	Contribution
Physical Safety	Harmony	Growth	Creativity
Rest / sleep	Intimacy	Healing	Effectiveness
Shelter	Love	Honesty	Exploration
Touch	Nurturing	Integrity	Integration
Water	Sexual Expression	Self-acceptance	Purpose
	Support	Self-care	
	Tenderness	Self-connection	<i>Transcendence</i>
	Warmth	Self-knowledge	Beauty
<i>Security</i>		Self-realization	Celebration of life
Consistency	<i>To Matter</i>	Mattering to myself	Communion
Order/Structure	Acceptance		Faith
Peace (external)	Care	<i>Understanding</i>	Flow
Peace of mind	Compassion	Awareness	Hope
Protection	Consideration	Clarity	Inspiration
Safety (emotional)	Empathy	Discovery	Mourning
Stability	Kindness	Learning	Peace (internal)
Trusting	Mutual Recognition	Making sense of life	Presence
	Respect	Stimulation	
<u>Freedom</u>	To be heard, seen		
<i>Autonomy</i>	To be known,		
Choice	understood		
Ease	To be trusted		
Independence	Understanding others		
Power			
Self-responsibility	<i>Community</i>		
Space	Belonging		
Spontaneity	Communication		
	Cooperation		
<i>Leisure/Relaxation</i>	Equality		
Humor	Inclusion		
Joy	Mutuality		
Play	Participation		
Pleasure	Partnership		
Rejuvenation	Self-expression		
	Sharing		

This list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.



# 5 Steps to Healthy Communication

- Identify Your Need
- Verbalize Your Need
- Allow the Person You're Asking to Say No
- Accept Answer with Gratitude
- Be Open to Healthy Compromises

# Step 1: Identify Your Need

- How are you best loved?
- Understanding your own needs is crucial for effective communication

## Step 2: Verbalize Your Need

- Vulnerability is necessary for us to experience higher levels of love
- Expressing your needs openly and honestly fosters understanding

## Step 3: Allow The Other to Say No

- Respect free will and another's adult authority and autonomy
- Understand that it's okay for the other person to decline
- "It's okay to say no"

## Step 4: Accept Answer with Gratitude

- Create space for conversation/differing opinions
- Receive help that is offered
- Recognize your need for limitations in relationship

## Step 5: Be Open to Healthy Compromise

- Can the need be met in a different way or at a different time?
- Flexibility and openness to alternatives strengthen communication and relationship

# Try It Out

- Take turns starting a conversation on a need that you have.
- Practice giving them the freedom to say no
- Share how the exercise felt

## 4 Horsemen of Communication



## 4 Horsemen of Communication



Criticism

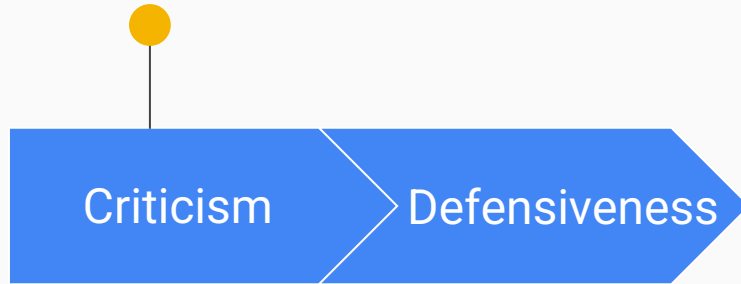
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Verbally attacking  
personality or  
character



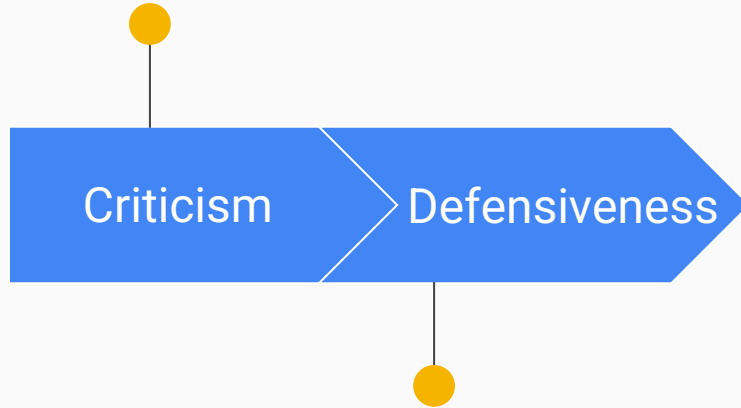
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Victimizing yourself to  
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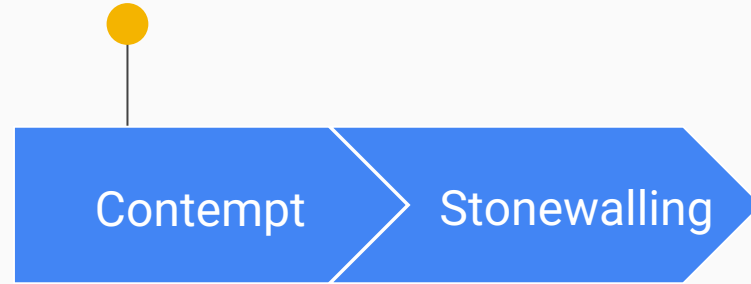
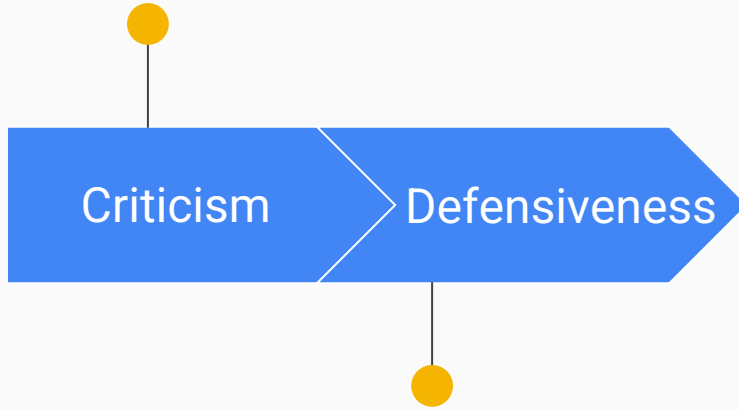


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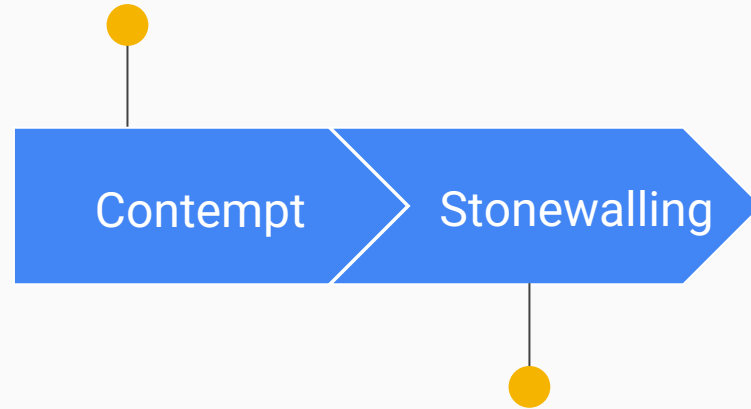
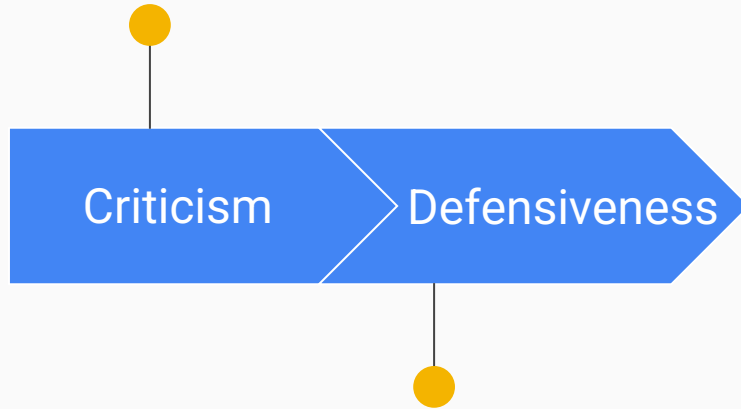


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Withdrawing to avoid conflict  
and convey disapproval,  
distance and separation



## 4 Antidotes of Communication

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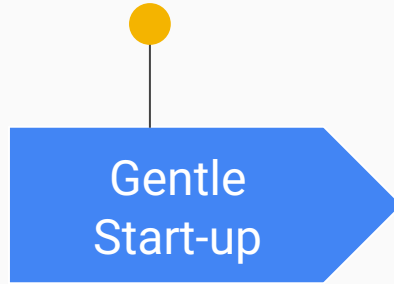


Gentle  
Start-up

Contempt

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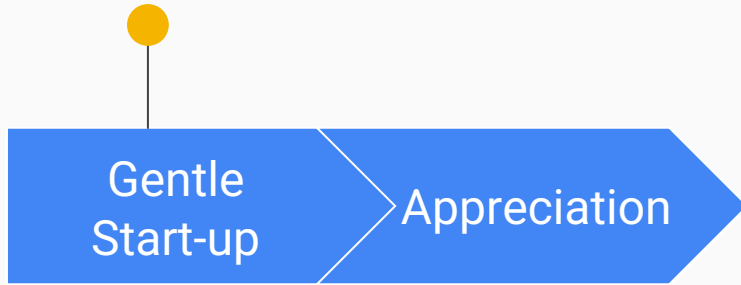
Talk about feelings using “I”  
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Contempt

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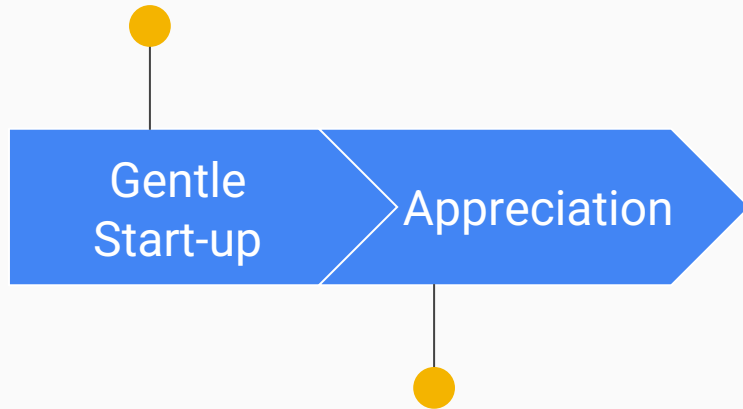
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Contempt

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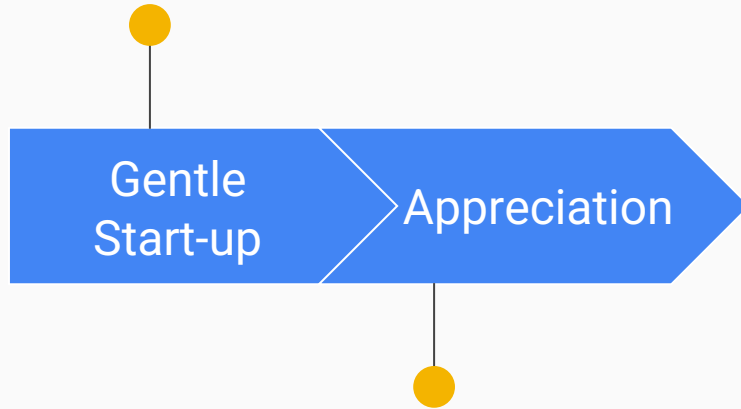


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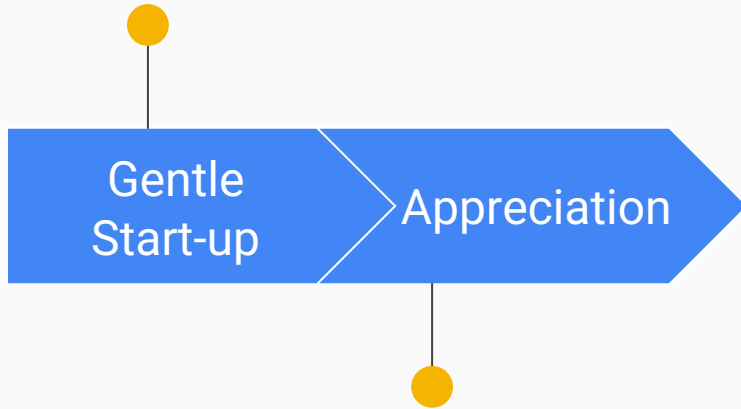
Accept your partner’s perspective and offer an apology for any wrongdoing



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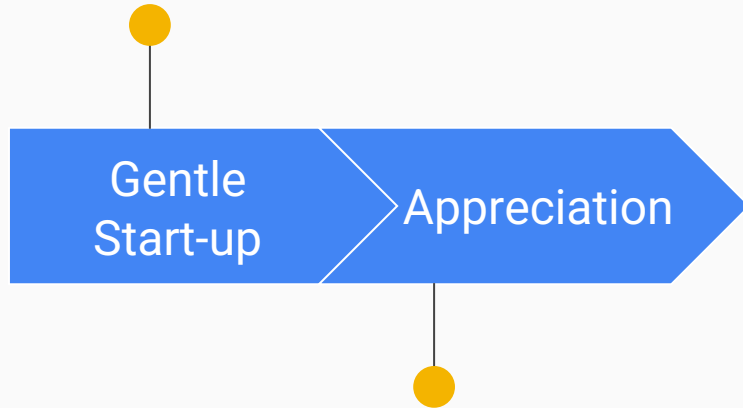


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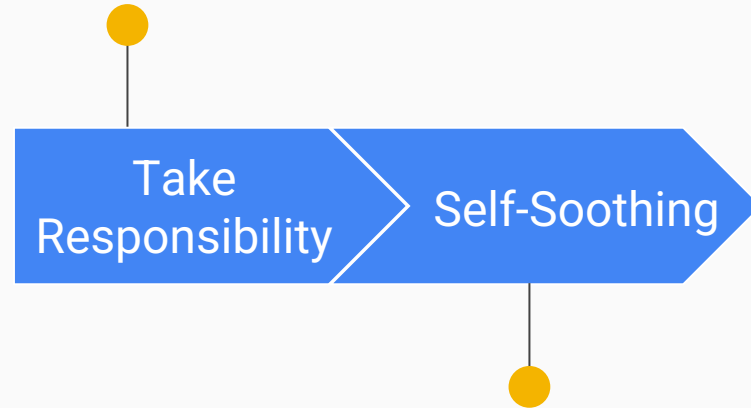
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Take a break and spend time doing something physiologically soothing or distracting

# Gottman Sound House Theory

## Love Maps

- How well do you know your partner?
- Love Maps store all relevant information about your partner, from beliefs to favorite foods.

## Share Fondness and Admiration

- Expressing appreciation and respect strengthens fondness and admiration.
- The antidote for contempt in a relationship.

## Turn Towards Instead of Away

- State your needs and respond to bids for connection.
- Small moments of everyday life build a relationship.

### The Positive Perspective

- Approach problem-solving with positivity.
- Success in handling conflicts and making repairs.

### Manage Conflict

- Conflict is natural and has positive aspects.
- Differentiate between perpetual and solvable problems.

### Make Life Dreams Come True

- Encourage honest communication about hopes, values, and aspirations.
- Create an atmosphere that supports each other's dreams.

# Gottman Sound House Theory

## Create Shared Meaning

- Understand important visions, narratives, and metaphors about your relationship.
- Build a shared sense of purpose and identity.

# Gottman- Rappaport Intervention

A tool to use when a  
relationship needs help with  
connection

- Take a look at the handout
- Practice with your partner  
active listening and sharing  
what needs you heard