

Communication Breakthrough

5 Strategies For Effective Companion Communication



5 Strategies To Communication Breakthrough Communicating Your Value

Do you feel you are respected when you communicate with your companion? Do you feel **value** in your communication? Or are you experiencing **Communication Breakdown**?

Let me ask you this; do you and your companion argue often over little things or a lot of the same things over and over again making you feel overwhelmed with miscommunication? Have you and/or your companion said things such as "You don't listen," or "That is not what I said," or "That is not what I mean or hear what I tell you!"

If you answered "Yes" to the frequent arguments or statement of 'you never listen or hear me', then read on where I share my Five Strategies to feel more valued when communicating with your partner, companion, spouse, caretaker, or whoever you talk to the most.





Strategy #1

Take Responsibility On When And Where You Deliver Your Message

Pay attention to your environment. Are you communicating important information when your companion is distracted by working on an important task or rushing out the door or watching sports or their favorite tv show/movie?

Has this ever happened to you? Your partner says “Yes, okay, yup, got it, I heard you, I’m listening,” and so on and so forth, but, in reality, they did not hear you. Really, they only said that they did because your communicative partner was trying to shoo you away like a pesky fly so they could go back to focusing on what was important to them. And at that moment, listening to you was not considered to be important. The information you shared may be important to you, but not to your communicative partner because their attention was on something else.

Make sure you choose the right time and place where both of you can sit down and talk and without any distractions.

Strategy #2

Express Your Words With Thoughtfulness

The words you say tend to be words that resonate with you, but the words may not resonate with your communicative partner. Think about the words you use and the tone of your voice. Are you using positive words and a calming tone? Or are you using negative and hurtful words with a harsh and condescending tone in the delivery of your message? Pay attention to the words that your communicative partner uses or says and use those same words when speaking to them.

Here is a personal example; When I choose to pursue my dream in any endeavor, my husband typically asks, “How will this serve us and other people?” The first time, the question felt like a slap to the face and I felt so unsupported. If it was the other way around, I would have been supportive and encouraging! And that is when it hit me! I use and say words such as *support* and *encouraging*, and my husband uses and says words such as *serve* so it would make sense for him to ask that question. He was showing his support by believing in the services I could provide to help others. Understanding the words that resonate with my husband have greatly improved our communication.





Strategy #3 Perform Self-Care

You might be thinking, “What does self-care has to do with communication?” Well, if you are feeling stressed and feel like you’re not being taken care of, if you’re burned out and you’re running on a short fuse, what do you think will happen? What happens when there is a short fuse? Usually, you get a blowout. When you’re stressed and feeling like you’re running on a short fuse with low energy you’re going to burn out by massively blowing up on your communicative partner.

It’s not selfish to take time to take care for yourself. Go ahead and take some **Me Time** so you can replenish your energy and de-stress. When you feel better, you’ll be a better communicative partner without any blowouts or blow ups.

Strategy #4

Picture The Scene Of Being In Alignment When You Communicate With Your Companion

What does good communication with your communicative partner look and feel like? What does it take to make you feel like you are listened to and your hidden messages are heard when you communicate with your partner?



If you don't have a clear picture of what good communication looks like to you, you won't know what you are aiming for. Without having a clear target -- a clear communication style you want, you're going to miss your target and therefore will have *miscommunication* rather than *good communication*.





Strategy #5

Practice Endurance

There is an art to communication. There are different styles and types of communication such as those that are auditory, visual, kinesthetic, or a combination. There are those who have the circumlocution approach where they start at point A and describe all the points in the neighborhood before ending at the designated area point B. Some have the direct approach and start from point A and go directly to point B.

Sometimes the direct approach may sound blunt and the circumlocution approach may sound like the person has no clue as to what they are talking about, and this can lead to frustration for both parties.

When you practice endurance, you are willing to participate in learning and understanding the styles and patterns of the way you communicate. You also learn and understand the patterns of the way your partner communicates, and this can create harmony. Both parties then feel that they are heard and valued in the communication **and the end result is effective communication with effortless conversation.**

Putting It All Together

Next Steps

And there you have it! 5 Strategies to **Communication Breakthrough**. With thoughtfulness, application, and dedication, you should find yourself making great progress towards better communication with those you're interacting with on a regular basis.

However, these are basic strategies for basic communication hurdles. I fully acknowledge that there are tough and tricky situations that require a lot more work and a far more comprehensive approach than the strategies described above.

If this sounds like you, then you should consider taking a major next step: Schedule a Communication Breakthrough Session with me. During the session we will discuss 5 things that might be holding you back and I will give you one key tailored strategy to help you move forward!

And the other thing about the Communication Breakthrough Session? **This consultation is free!**

So what are you waiting for? If you want to start tackling the bigger communication issues in your life...

Book Your Communication Breakthrough Session Today!

Book Your Session



About Grace

Why I Focus On Helping Communication Breakdown

My passion is to help sensitive, conflict-phobic, and introverted women have effective communication so they feel valued and heard in any conversation. As an Asian American woman I was taught by my parents that good Asian girls are to be seen and not heard. You might have been told the same thing by your parents and have learned the message; *your voice, your communication does not count.*

From my background experience I understand how important communication can be. So much so, that I even went into the field of Speech-Language Pathology so I could teach my patients to communicate through neurological impairment or development delay. I taught my patients and their family members how to communicate with one another, and I worked in this field for 23 years.

In my own personal experience, I had communication breakdown with my spouse, and it felt like we were speaking two different languages. We had so many arguments and fights due to frequent misunderstandings and miscommunication. Through studying and observations, I began to realize why communication breakdown kept occurring and the solutions to solving those problems. I've presented these solutions so that communicative partners can achieve effective communication!

Book Your Session

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**Gracefully Navigating Towards
Communication Breakthrough**