



## How To Communicate With Your Partner ... Part 2

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Have you been waiting on the edge of your seat (or couch) for part 2 of 'How To Communicate With Your Partner'? Well, here it is. Hopefully these tips (all 9 in total) will help pick your relationship up if it's fallen down a bit in this area. So keep your communication relevant, honest, and heart centred to glue your relationship together.

Last week we talked about saying what you're thinking, how you're feeling or why you're doing what you're doing; really listening to your partner; not assuming; and being clear in your communication. Read on for the final 5 ways to enhance your communication with your partner ... and hopefully, in turn, enhance your happiness, love, and maybe even intimacy!

5. **Take responsibility** (that means don't blame your partner).

**Why?** Because I'm guessing every time you tell your partner that "It's your fault" (whether you tell them directly, or you 'hint' at it in a round about way) you end up in an argument!?

**Instead :** Own your part of what's going on. Relationships are between two people; therefore there are always (well, nearly always) going to be two people responsible for what happens. Say something like, "I can see you're upset. I'm sorry I didn't listen to you when you wanted to talk" ... instead of ... "Why can't you just get over it?" Or "I'm sorry, instead of getting upset with you I should have asked you for help" ... instead of ... "Why don't you ever help out?"

6. **Talk face-to-face** when it's about something important.

**Why?** Because texts, emails or letters can be misinterpreted. How you might have written something may not be how the receiver interprets it, or predictive text might change the meaning of something completely. Often when this happens arguments arise – texts may fly thick and fast, emails may have lots of UPPERCASE words, communication may be cut off completely, or you're left saying something that hurts so much more because it's in black and white.

**Instead :** Take the time to have a difficult conversation face-to-face. That way you can see how your partner is reacting in the moment, you can clarify things in the moment, and you can ensure they understand exactly what you mean. Yes, this can sometimes be really difficult, but I think the results will speak for themselves.

7. **Time your conversations well** (or as well as you can) – especially if they're of a sensitive nature.

**Why?** Because hearing that you're unhappy in the relationship while you're cooking tea, helping the children with their homework, and thinking about that meeting you've got tomorrow probably isn't the best time to have an open and honest conversation. Or getting into a conversation when you're mad or upset is probably only going to open a can of worms.

**Instead :** Agree with your partner when you might have any 'difficult' conversations – such as a Sunday morning after a good night's sleep with no work pressures. And even ask your partner, "There's something I'd like to talk about, but it might take some time to discuss. Is now a good time, or can you let me know when you're in the right space to do this?" By your partner letting you know when they're ready this may avoid frustrations, arguments and 'not being heard'. You don't have to rush a conversation, hopefully you're avoiding having three things on your mind and not hearing each other, and ultimately you'll have a better quality of conversation. And if you wait for the anger or hurt to pass you may just realize that it's an old issue that you're hurting over, or that it really wasn't that important anyway.

8. **Importantly ... be honest ... with kindness.**

Honesty is one of the things that will either make or break the relationship. And I guess if you're not being honest, it might be a good time to reflect why. Are you not invested in the relationship so it doesn't matter to you if you're not being honest? You're not being honest because you think your partner can't cope with what you'll tell them. Or maybe you want to be more honest, but you're scared of what might happen if you are? I would encourage you to open up more to your partner and be as honest as you can be – you may be limiting your relationship, your self, and your partner by not speaking your truth. However, kindness with honesty is really important.

**Why?** Because with blunt communication you may offend your partner, or even start world war three (picture your partner asking, "Do you think I've put on some weight?" Saying "Yep" while staring at the T.V. This probably won't put you in their good books ... for at least 3-4 months, or maybe more). Also, if you want to talk about a really sensitive issue (yes, there are more sensitive issues than weight) then don't blurt it out in the middle of an argument through anger or wanting to hurt your partner. This will definitely do more harm than good.

**Instead :** If you get the dreaded weight question, what your partner is probably seeking from you is reassurance. I'm 100% sure they'll already know they've put on weight, and I'm pretty sure they will see through a "No you haven't" response – generally what your partner wants to hear is that you still find them attractive regardless of what happens to their body. So maybe say "Maybe a little, but I still think you're gorgeous – inside and out!" And, if you want to bring up a very sensitive topic (such as attraction to someone else, infidelity, etc) then think about and plan what you're going to say before you say it. And while you're planning what you're going to say, see if you can take your partners perspective and consider what they might think, feel or do when they hear the news. This might help you to word what you're going to say carefully, and deliver an honest message with kindness.

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10. And finally **communicate the good stuff** too!

**Why?** Because this is generally why we're in a relationship with our partner in the first place (there's stuff we like/love about them) ... and life's too short. Tell them that you love them – and more importantly – show them that you love them. Tell them when they've done something that you like or something that you're grateful for – whether it's putting the garbage out, bringing in the washing, cooking dinner, doing the dishes, buying you something, going out together, or changing how they communicate. If you like it, recognise it (you're more likely to see more of this behaviour too).

So summing up:

- say what you're thinking, how you're feeling or why you're doing what you're doing
- really listen to your partner
- don't assume
- be clear in your communication
- take responsibility
- communicate face-to-face
- time your conversations
- be honest ... with kindness, and
- communicate the good stuff

If you think you're saying and doing all the right things and you would like some further support, or you're not saying and doing these things and you'd like to know how you can introduce them into your relationship, please contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

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