

Communication Download

Exercise Example:

- What am I feeling in my body? **Tension**
- Where am I feeling it? **Chest, throat, neck and shoulders**
- What does it represent as far as our feelings and thoughts? **I'm feeling worried about talking with my partner about some financial decisions we need to make, such as cutting back on spending.**
- What is this telling me about myself? **I'm stressed about finances and I am uncomfortable bringing it up to my partner because in the past this has caused a big fight.**
- Who do I need to communicate this to? **My partner**
- What do I want to communicate? **I want to communicate to my partner that I'm worried about money.**
- Why do I want to communicate this? **I think it's important that we are both on the same page when it comes to our finances.**
- Why do I feel the way I do about it? **When I was a child, my parents always worried about money, so I have been financially insecure and it would be nice to know my partner is working with me to help me feel secure.**
- How do I want to communicate? **I want to set aside time without distractions, so my partner and I can have a meaningful conversation about it.**
- What is my goal for communication? **To help my partner understand how I feel, why I feel that way, and we can devise a plan together to resolve this issue.**
- What is the resolution I would like to reach? **I would like us to come up with a budget and come up with ways to hold ourselves and each other accountable.**

- What are some compromises I'm willing to make? I'm willing to agree to having allowances for fun money or setting a limit that we agree to check in with each other before we spend that amount.
- Who else will I talk with about this? We could talk with a CPA or financial advisor about this.
- How will I approach it? I will tell my partner that I worry about money and I'd like for us to sit down and have a conversation about it. We'll then set up a day/time to talk about it.
- What tone of voice will I use? I will use a gentle and neutral tone.
- How will I convey my thoughts and feelings? I will use verbal communication and maybe write down some ideas to share with my partner before we meet.
- What body language will I use to express myself? I will use open and neutral body language.
- What are some talking points I want to include? Some talking points I will include are budget, allowance, being in agreement
- When will I do this? As soon as possible.
- What will I do if the other person is not receptive, is defensive, or doesn't receive my communication well? I will remain calm and give space if things get intense or heated. I will ask for another date/time set up before we end the meeting. I will also write down an example of a budget for a visual effect and also maybe write out an example of some of my ideas.