




5 Tips

To Speak From Your Heart and Share Your Needs With Your Partner



Choose a time when both of you are calm.

"There's something important I'd like to discuss with you. Can we find a good time to talk today?"

Use "I" statements to refer to your feelings and needs.

"I feel worried when you don't let me know you're running late."

Express your needs in a simple, concise way.

"I need to know you're ok and if our plans need to be adjusted. Would you send me a text when you're going to be late so I don't worry?"

Prevent confusion by asking open-ended questions.

"What did you hear me say?"
"How do you feel about what I've shared?"
"What can I do to help you understand better?"



Be an active listener.

Maintain eye contact, don't interrupt, nod your head when you agree, ask for clarification.
"I want to make sure we're on the same page. I heard you say...did I understand you correctly?"

