



Communication Map

Receiver

It's Not About Me!
Be Curious.
Listen/Support.
Be Compassionate.
Coach/Mirror.

"Help me understand your issue."

"Do you have a request?"

"What you need from me is...?"

Never say "no"
(Counter propose)



Sender

Experience Issue
(It's all about you)

Hit Road Block
(Or not)

Identify Issue
(Talkers vs Thinkers)

Communicate Issue
Give/Get Validation

Make Request
(Let go of how/outcome)

Negotiate,
Agree,
Follow Through.

Road Block

1. Judgment
2. Interpretation
3. Defensiveness
4. Reactive Emotion

Rules of the Road

1. Issues are unmet needs.
2. All issues are valid.
3. Who has the unmet need owns the issue.
4. One issue at a time.
5. Take turns being the sender (one person speaks at a time).
6. Speak w/moderation.
7. Listen w/curiosity.
8. Assume win/win.
9. Nurture the space between.

You Have Arrived At Your Destination!



Communication Map Tutorial



Download Now!

www.communicationmapaudio.com
45 Min Quick-Start Audio Training

Bonus! Top 5 Communication Tips for Couples By David Steele

1

USE THE 3 MAGIC WORDS OF LISTENING. "Is there more?" For most people, listening is far more challenging than talking. If you do nothing else, being attentive to what your partner is saying and using these 3 magic words will make you a star listener. Try it!

Are you wondering what the **MAGIC WORDS OF SPEAKING** are? Simply... "I care about you." If you are expressing things that may be difficult for your partner to hear, be sure to remind them of your positive intent & regard.

2

IT'S NOT ABOUT YOU! When your partner is expressing a thought feeling, need, issue or judgment, it comes from their reality, is valid for them, and is not about you! Most arguments would never happen, if we would simply accept our partner's point of view and agree to disagree.

3

IT'S ALL ABOUT YOU! Your thoughts, feelings, needs, issues, and judgments are your reality, are valid for you, have little to do with your partner, and many people (including your partner) are unlikely to see things your way. If you take full ownership for your experience, you will create the conditions for connection and harmony in just about any situation with your partner. A fulfilling relationship is about having, accepting and negotiating differences... not being "right," seeking sameness or consensus.

4

TURN COMPLAINTS INTO REQUESTS. We bring many, many needs into a relationship and will experience an issue when a need is not met. It is impossible for all needs to be met all the time in any relationship. So, you will have many opportunities to experience and express issues. Simply making a request and focusing on what you want to happen, (instead of what's wrong or not happening) and negotiating a "win-win" outcome, will effectively prevent or resolve conflict.

5

TELL YOUR TRUTH. The path to true intimacy and connection is by being authentic and telling your full truth to your partner about your thoughts, needs, feelings, wants, issues, boundaries, etc. Intimacy means "Into me I see," a transparency between two people that requires full expression of what's inside. Seeking to avoid conflict and maintain harmony by censoring yourself can work for a while, until your suppressed truth comes out in other ways, such as withdrawal, resentment, "acting out," etc. Telling your whole truth can be scary, but will result in the kind of relationship you really want.



Live the Life You Love With the Love of Your Life!