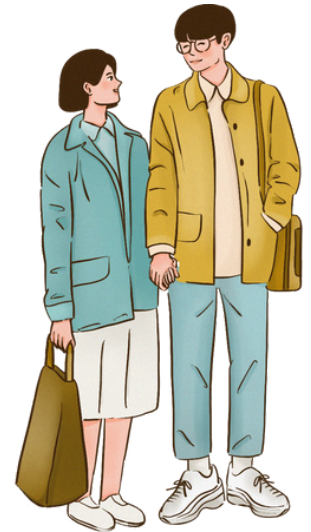


# ENHANCING COMMUNICATION SKILLS IN RELATIONSHIPS- II

**A fruitful relationship lies on the foundation of healthy communication.** The way you speak and listen to your partner in different situations plays an important role in forming a loving bond. It adds to your personal growth within your relationship and helps maintain a sense of unity.

Cultivating empathy and understanding your loved one's perspective even when you may disagree with them and communicating respectfully can contribute to forming a deeper bond.



So let's dive into an exercise that helps you and your loved one to:

## Form A Heart-to-Heart Connection!



1. Find a quiet and comfortable space where you can have an uninterrupted conversation.
2. Sit comfortably with each other in a way that enables you to maintain eye contact and helps you feel connected.
3. Set a timer for 15 minutes.
4. Take turns being the speaker and the listener.
5. During the listening phase, the listener's role is to practise active listening and demonstrate empathy.

After the timer goes off, switch roles and continue the conversation.



## Some Questions You Can Ask Each Other to Get The Conversation Flowing:



1. What has been on your mind lately that you would like to share?

---

---

2. How have you been feeling about our relationship these days? Is there anything you'd like to discuss?

---

---

3. Are there any areas you feel we could improve or work on together to strengthen our relationship?

---

---

4. Is there anything you've been struggling with something you want to open up about?

---

---

5. Can you describe something that made you feel really happy or grateful lately?

---

---

6. Can you share a dream or goal you have for the future? How does it make you feel?

---

---

7. Is there a particular memory of our relationship that you specifically cherish? How does it make you feel?

---

---

8. How can I support you better when you feel low? Do you usually like to take some space during that time, or do you prefer to talk it out?



---

---

9. Is there something you expect me to do differently in our bond?

---

---

10. What's something that you like about our relationship that we should continue?

---

---



Lastly, discuss how this exercise made you and your loved one feel.



1. As a speaker, did you feel heard and understood?

---

---

2. As a listener, how was your experience while practising active listening?

---

---

3. Did you get any insights during the conversation?

---

---

4. Was there a question or topic that made you feel deeply connected with each other or gave you a new understanding?

---

---

5. Did you notice anything that you could improve in your communication style?

---

---



You can always set a dedicated time for an emotional check-in to talk about your communication skills and how they're impacting your relationship. Improving communication skills is an ongoing process that requires consistent, conscious efforts. By practising active listening, expressing yourself politely yet assertively, and communicating with empathy, you can form healthier relationships.

**Remember, communication is a two-way street. It's always helpful to encourage open dialogue, understanding, and respect to foster deeper connections with people you care about.**

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

