

# TriHealth EAP<sup>®</sup>

## Connect To Your Partner: Tips for Better Communication in Your Relationship



*"I stopped bringing up issues because we always argue when I do."*

*"We have been together so long and you still don't know what I need!"*

*"I am tired of picking up after you. Get off your phone and help me! You are an adult."*

*"I don't care what you do. I am so done with you."*

Relationships are hard. Our schedules are busy and we don't always make our relationships a priority. We think we know how to meet the needs of our partners but we are often incorrect or have just stopped caring and trying. Having the desire and ability to be giving to your partner is far more important than getting it exactly right. There are many simple ways to connect to your partner.

- Be respectful of your partner's feelings. If your partner wants to talk or needs space, let them know you are willing to meet their needs.
- Listen to and focus on your partner when they are speaking. Avoid using cell phones or computers when having a conversation. Shut off the television and avoid other distractions.
- Disagree with your partner in a kind and loving way. Do not judge or reject your partner's ideas without considering them. Express your differences of opinion with respect and kindness.
- Touch your partner. Hold hands, walk arm-in-arm and cuddle. Most people crave personal touch and don't feel they get enough. Talk to your partner about their preferences.
- Use empathy. Put yourself in your partner's place. How might you feel if the same experience happened to you? What would you like to hear as a result? Talk to your partner about their needs.
- Say "I love you". Hearing those three little words is important to many people; it will reassure your partner. You can show love in many ways. Ask your partner how they want you to express your love to them.
- Never ignore your partner's presence. Greet them at the door when they come in. Say goodnight, every night. Kiss them goodbye, every day.
- Compliment your partner in front of other people. Your partner will feel good and they will also feel good about you.

Find out your partner's wishes on these recommendations. Talk with your partner to increase your connection.

For further help with your relationships or other issues, please call TriHealth EAP at 513 891 1627.

