

10 TIPS FOR BETTER PARTNER COMMUNICATION



Write out agreements that you've made and place them somewhere visible for mutual accountability



Ask clarifying questions to make sure you're both on the same page



Set aside a non-stressful time to talk about important things



Check in with your emotions and needs before communicating



Care for yourself so you can better care for your partner



Enjoy non-tech time with each other



Become curious about what motivates your partner

Be open to learning and improving the relationship



Don't compare your growth to other couples

Share words of kindness with your partner



the Conflictcenter

(303) 865-5630
www.conflictcenter.org