

## **10 Rules of Positive Communication-**

**As mentioned in the Focus on the Family broadcast, *The Best Choices You Can Make For Your Marriage***

### **Rule 1: Don't Bring Up the Past**

Bringing up past conflicts confuses the issue, changes the subject, and old emotions from previous conflicts gets brought in.

### **Rule 2: Deal with One Conflict at a Time**

Stick with the issue at hand and don't get sidetracked.

### **Rule 3: Don't Deal with Problems Late at Night**

The brain doesn't function well late at night because you are not thinking clearly, and the chances of conflict escalating are sky high.

### **Rule 4: Don't Deal with Problems When Short on Time**

Don't start something that can't be finished; you won't listen well and one or both of you will feel unheard.

### **Rule 5: Tell the Truth; Hiding Things Doesn't Help**

Once your partner stops trusting you because you lied or hid things, earning back their trust is difficult. Honesty is the best policy.

### **Rule 6: Don't Hit Below the Belt**

Choose not to use the words or emotions you know will hit your partner where it really hurts. You'll only have to apologize later.

### **Rule 7: Focus on What Will Work in the Future instead of What Went Wrong in the Past**

Focusing on the past prevents you from moving forward. Look forward to making things different in the future.

### **Rule 8: Listen More Than You Talk**

One partner should listen first, clearly reflect what they understood, and wait for confirmation that they got it right before the conversation proceeds.

### **Rule 9: Use Bullet Points**

Speak in clear, easily understandable bullet-point statements.

### **Rule 10: Avoid Destructive, Hurtful Statements**

Rethink the language you plan to use and reword the statement in a constructive way.