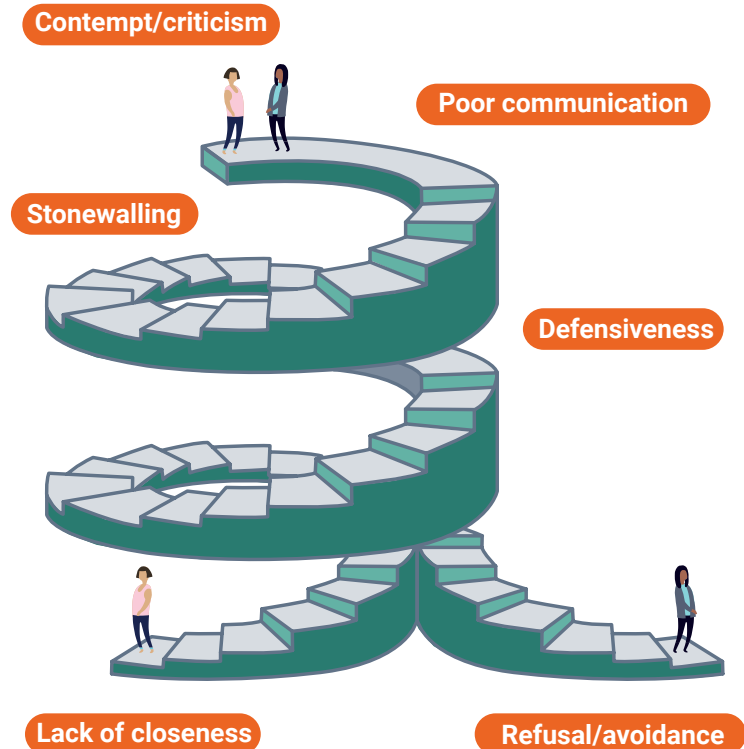


Getting on Better (2022)

Better communication

- ➔ **The downward spiral.**
- ➔ **Some types of behaviour can increase the risk of relationship difficulties.**
- ➔ **Flip the card to learn more.**



Better communication

What poor communication looks like:

How you can protect against it:

Criticism

Criticism isn't the same as complaining. It's a direct attack on your partner. *"You only think about yourself."*

If these happen a lot, things can spiral out of control, and you may find yourselves going your separate ways.

Try starting a sentence with "I..." and asking for what you need. *"I was worried last night. I'd like it if you could text me when you're going to be late."*

Contempt

Contempt is when we are deliberately mean. We might use name-calling, or sarcasm, or roll our eyes to show we're not interested.

Do you recognise any of these behaviours?

Focus on what you love about each other. Look for opportunities to pay each other compliments and do things together that you both enjoy.

Defensiveness

Defensiveness is usually a response to criticism. We deflect blame onto the other person. *"I've been busy. Why couldn't you do it?"*

Here are some things you can do to protect your relationship against them.

Look at things from each other's point of view. Take responsibility and say sorry when you're in the wrong.

Stonewalling

Stonewalling is when we get so overwhelmed that we shut down completely, blanking our partner, or walking out of the room.

Be good to yourself. Take some time out to do something relaxing and enjoyable.