

A Guide to Better Communication for Couples



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Welcome

Welcome to your journey toward a stronger, more connected relationship! Communication is the heartbeat of any partnership, but it's easy to hit roadblocks like misunderstandings, arguments, or feeling unheard. This guide offers practical, proven strategies to help you and your partner communicate with clarity, empathy, and love. Let's dive in!

When couples struggle to communicate, small issues can snowball into resentment or disconnection. Effective communication builds trust, deepens intimacy, and helps you navigate conflicts together. By mastering heartfelt conversations, you'll create a safe space for both of you to thrive.



Fernanda



STEP 1- LISTEN TO UNDERSTAND

Active listening is the cornerstone of better communication. It's about truly getting where your partner is coming from, not just waiting for your turn to speak.

- What to Do:
 - Eliminate distractions—put your phone down and turn off the TV.
 - Show you're engaged with eye contact or a nod.
 - Summarize what they've said to check you're on the same page: "So, you're saying you're stressed about work, right?"
 - Ask Clarifying questions, even if you think you understood
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- Try This: Use the "5-Minute Listening Rule." One partner talks for 5 minutes without interruption while the other listens fully. Then, swap roles and discuss what you heard.

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STEP 2: EXPRESS YOURSELF CLEARLY AND KINDLY

Miscommunication often happens when feelings are bottled up or expressed harshly. Sharing your needs calmly and respectfully invites understanding.

- What to Do:
 - Use “I” statements: “I feel hurt when...” instead of “You always...”
 - Be specific about what’s bothering you: “I’d love more help with chores” vs. vague complaints.
 - Avoid blame or criticism; focus on how you can solve the issue together.
- Try This: Write down one thing you wish your partner understood about your feelings. Share it using an “I” statement, then invite their perspective.

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STEP 3: NAVIGATE CONFLICT WITH CARE



Disagreements are normal, but how you handle them makes all the difference. Healthy conflict resolution strengthens your bond rather than tearing it apart.

- **What to Do:**
 - Take a timeout if emotions run high—agree to revisit the issue after 20 minutes.
 - Focus on the problem, not the person: “Let’s figure out how to manage our schedule” vs. “You’re so disorganized.”
 - Seek compromise: Find a solution that respects both partners’ needs.
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- **Try This:** Create a “Conflict Pact.” Agree on ground rules for arguments, like no yelling or name-calling, and commit to them.

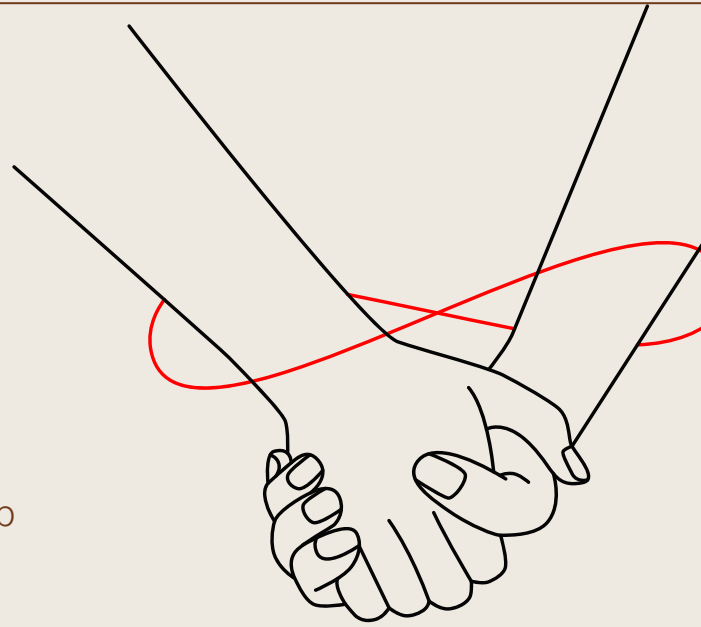
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STEP 4: REBUILD CONNECTION DAILY

Communication isn't just about solving problems—it's about nurturing your emotional connection. Small, intentional moments of communication keep your relationship vibrant.



What to Do:

- Check in daily: Ask, “How’s your heart today?” to spark meaningful conversation.
- Share appreciation: “I love how you always make me laugh.”
- Plan regular date nights to talk and reconnect without distractions.
- Rebuild the friendship

Try This: Start a “Gratitude Jar.” Each week, write one thing you’re grateful for about your partner and drop it in. Read them together monthly.

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READY TO GO DEEPER?

These steps are a powerful start—but healing disconnection takes more than strategy.

As a licensed therapist, I specialize in helping successful couples manage anxiety, rebuild emotional safety, and feel close again.



Book a free 15-minute consultation:
[SkyyCounseling.com](https://www.skyycounseling.com)

Call/Text: 954-687-1091

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This guide is for educational purposes and not a substitute for therapy. For personalized care, please reach out directly.

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How to use "I" Statements

"I" statements are a communication tool that helps express your thoughts, feelings, and needs without blaming or criticizing your partner. Instead of focusing on what your partner did wrong, you focus on your own experience. This reduces defensiveness and fosters constructive conversations.

Tips for Effective Use

- Focus on your emotions, not your partner's behavior or intentions.
- Be specific: Use clear, real examples from recent situations.
- Stay calm: Use a respectful tone and body language.
- Be open to listening, too—encourage your partner to use "I" statements in return.

The Formula

"I feel [emotion] when [situation] because [reason]. I need/would like [need/request]."

Examples:

Instead of saying:

✗ *"You never listen to me!"*

Try:

✓ *"I feel ignored when I'm speaking and you look at your phone because it seems like what I'm saying doesn't matter. I would like your full attention when we talk."*

Practice Exercise

Take turns with your partner filling in the blanks:

"I feel _____ when _____ because _____. I would like _____."

Talk about smaller, everyday situations to get comfortable with the format before addressing more sensitive topics.

Using "I" statements helps build trust, reduce misunderstandings, and create a healthier, more respectful relationship.