



Couch Conversations

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Psychotherapy and Counseling, Inc.

5 Communication Tips

1. Be Clear in Stating your Message

It is important to first identify what you want to communicate and find a way of being clear about it. Sometimes, the assumptions you hold of what others are thinking and the interpretations you make about them, prevent you from stating your message clearly (i.e., “They don’t like me, so I’m not going to say anything”). In these cases, stick to the facts of the situation, and communicate your message clearly without letting those assumptions get in the way.

2. Be Direct about your Needs

Being direct or assertive allows you to focus on how to communicate your message clearly. Being assertive is a balancing act between not letting people walk all over you, while also being flexible enough to communicate effectively in that situation.

3. Be Mindful of the Situation

Consider how and when you are communicating with someone else. Are there too many other people around who might overhear the conversation, is that other person not having such a great day, or are you bringing up the conversation at the end of the day when everyone is already tired? Being mindful of these factors can eliminate the barriers of making that conversation successful.

4. Be Flexible When Problem Solving

In effective communication, it is essential to be flexible in finding a solution with the other person. When you work with the other person, you are considering their thoughts and feelings as well instead of having rigidity in what you expect to happen in that situation.

5. Be a Good Listener

When you have an expectation that someone needs to hear you out and listen to your ideas, you need to offer that same courtesy to others. Focus on what skills you need to be able to effectively listen to what the other person is communicating to you so that they feel heard. When others feel heard, they are more likely to hear you too and promote positivity in the conversation instead of a focus on the negatives.

How Can Therapy Help? If you find yourself having difficulty communicating with people in your life, whether coworkers, managers, family, friends or peers, it could be worth talking to a therapist about what happens in those situations and what to do differently moving forward. To learn more about how a therapist can assist you in developing effective communication skills, head to www.couchconversationstherapy.com for more information.