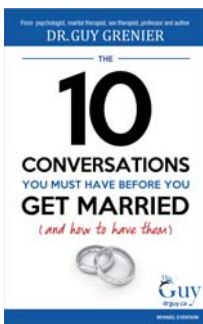


15 RULES OF GOOD COMMUNICATION*

1. Focus on feelings, not facts
2. Stick to what you know (*I* versus *you* language)
3. Paraphrase
4. Table issues, but don't kitchen-sink
5. Use *the power of the Post-it*
6. Pick a good time to talk
7. Use good body language
8. *Never* use superlatives or absolutes
9. Remember that yelling doesn't make it so
10. Understand that insults are a complete waste of time
11. Don't expect mind-reading and banish assumptions
12. Keep anger on the clock (the 30 minute rule)
13. Use the 24 hour rule to keep things balanced and on-track
14. Enjoy *w(h)ine time* 5 days a week for the rest of your lives
15. Have "How we doin'?" conversations every 3 - 4 months



* Techniques like "I language", paraphrasing, and the avoidance of kitchen-sinking have been espoused by psychologists for decades and are described in many sources including *The 10 Conversations You Must Have Before You Get Married*

The 10 Conversations You Must Have Before You Get Married (and how to have them) by Dr. Guy Grenier, is available from Amazon.com

Dr.
Guy
drguy.ca

Enhancing understanding & intimacy