
Relationships Australia

NEW SOUTH WALES



**COMMUNICATION:
What goes wrong &
how to fix it.**

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Who we are

Relationships Australia

NEW SOUTH WALES



TODAY'S DISCUSSION

Communication

1

A catch all for all relationship problems. What do we really mean?

2

Situational, developmental and pervasive.

3

Good principles for relationships.

4

Making change in stuck/habitual circumstances

WHAT GOES WRONG

- Being too successful
- Being unpractised
- Lack of ground rules
- Developmental changes & curve balls
- Entrenched unfairness and inequities
- Longstanding/historic injuries not resolved
- Patterns of criticism, contempt, defensiveness & stonewalling.





WHAT GOES WRONG

- Being chicken
- Head in the sand
- “Kind” not clear
- Silent and resentful
- I’ll change if you change
- Veering off in different directions
- Becoming polarised
- Managing disagreements creates more problems/does harm
- Lack of safety

WHAT'S OUR STYLE

- Agree at all costs
- Healthy disagreement
- Passive aggressive
- Open/underground family styles
- Volatile and high stakes
- Abusive





CREATING CHANGE

- What's my part? Own it. What are you prepared to put on the line?
- What are your partner's criticisms, and have you taken it into account?
- Reduce fixation on the other
- What are your good intentions? What is the "we"?
- Claim the (good) time.
- Name what you want to avoid.

CREATING CHANGE

- Really listen. What have you missed? Ask questions.
- Slow down. Go away and digest. Come back.
- Beware defensiveness and blame.
- Show leadership. Don't look for point scoring. Your time will come.
- A monologue is not a dialogue
- Set time to review. Don't confuse conversation with commitment.
- Consider using a professional to assist.





FINAL TIPS & CONSIDERATIONS

1

The risk of confusing **poor communication** with an **entrenched problem**.

2

Some problems **never get solved** and that's ok.

3

Can you **grow past** the moments you hated? What else can be built?

4

Waiting too long to get help.

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