



5 Ways to Communicate Effectively

1 “What I’m hearing you say...”

Conversations often escalate when people don’t feel heard. Responding with “what I’m hearing you say” and then summarizing the other’s point of view focuses on what the other person shared and communicates that you hear them. This can also help you realize if you are filtering what they said incorrectly, and increases calmness by slowing down the communication process.

2 “The story I tell myself is...”

There are many times we filter what someone else is saying or doing with our own past experiences or insecurities. Instead of blaming them for how you feel, you can communicate what is happening in you so they can speak to that without getting defensive. For example: “The story I tell myself is that you didn’t text me for multiple days because you aren’t interested in me anymore.” This puts the receiver in a position of communicating their side of things instead of feeling attacked.

3 “I am for you.”

Simply naming that you are for the other person can help remind you and them that you are on their team. This can be re-centering for you as you choose what you say or not say to support that statement.

4 Knowing yourself.

Sometimes we fight because we don’t know what we feel or what we actually want. Spending time processing what you deeply feel or want by journaling, praying, counseling, and/or reflecting can help you better understand yourself so you can communicate more effectively with others.

5 Kindness and curiosity.

If you’ve been at Grace Counseling, you’ve probably heard this phrase a lot. Without curiosity we cannot get to know ourselves or others; without kindness, curiosity won’t be productive. Whether you are in an argument or feel one coming on, stopping and turning your heart to have a posture of curiosity and kindness to whomever is in front of you can have a big impact.