



5 Steps to Greater Communication

Solving your communication difficulties begins now!

"We just can't communicate!" is the complaint I hear most often. Let's identify what you are doing now in your honest attempts to communicate. Let's find out if you're unintentionally creating distance and escalating arguments. Let's learn HOW to create emotional connection and resolve conflicts. Let's build a happy, lasting marriage!

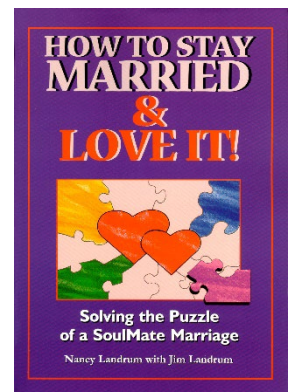
About the Communication Quiz...

It was created as part of *Chapter 6: Playing Detective* in my book, "How to Stay Married & Love It! Solving the Puzzle of a SoulMate Marriage."

As you might tell by the title of the chapter (*Playing Detective*) the quiz was designed to be a neutral exploration to learn why your attempts to communicate may often result in hurt feelings or emotional separation.

A powerful beginning to your communication transformation...

The president of California Healthy Marriages Coalition, Dennis Stoica, used this assessment tool before and after teaching a troubled couple better communication methods. The difference in the two results was dramatic. He took the before and after scores to a university professor who evaluated assessment tools for scholastic integrity. She commented, "*It's rare to find one assessment tool that can pinpoint the quality of a relationship so accurately and measure the results of a specific intervention.*"



I have given **The Quiz** to every couple I've coached at the beginning of our work together and again 60 days or so down the road. It is a very objective way to give feedback to the couple (and me) about the astounding improvement they've made in how they communicate with each other and how much happier they are with each other!

Now...

As truthfully as you can, fill out the quiz. Make a copy so your spouse can fill it out also. Do this separately, scoring yourself and your spouse according to the directions. Read pages three-five *after* you complete the quiz.

Nancy Landrum

Step #1: Communication Quiz

Taken from the book, "How to Stay Married & Love It!" by Nancy Landrum

0=Never 1=Rarely 2=Sometimes 3=Frequently

Assign the most accurate number for your exchanges in the past 14 days.
Add up your score, your spouse's score and then a total combined score.

I do: Partner does:

- ___ ___ Use "always" and "never"
- ___ ___ Give unwanted advice
- ___ ___ Withdraw with hurt feelings
- ___ ___ Blame
- ___ ___ Heap on shame/guilt
- ___ ___ Condemn in vague generalizations
- ___ ___ Slam doors/damage valuable things
- ___ ___ Sidestep issue (i.e., change subject)
- ___ ___ Insist on being in control
- ___ ___ Refuse to assume responsibility
- ___ ___ Emotionally disconnect
- ___ ___ Compare spouse to another
- ___ ___ Jump from issue to issue
- ___ ___ Use disrespectful tone of voice
- ___ ___ Use threats in an attempt control
- ___ ___ Punish by withholding affection
- ___ ___ Use disparaging physical gestures
- ___ ___ Act condescending/ self-righteous
- ___ ___ Threaten or flirt with infidelity
- ___ ___ Be unfaithful
- ___ ___ = Totals

I do: Partner does:

- ___ ___ Use accusatory "you"
- ___ ___ The silent treatment
- ___ ___ Use sarcasm
- ___ ___ Make excuses
- ___ ___ Talk hopeless talk
- ___ ___ Act like "poor me"
- ___ ___ Run from conflict
- ___ ___ Be subservient/ passive
- ___ ___ Call derogatory names
- ___ ___ Bring up old business
- ___ ___ Defensiveness
- ___ ___ Use hurtful humor
- ___ ___ Embarrass in public
- ___ ___ Yell, scream, rage
- ___ ___ Lie
- ___ ___ Intimidation/Violence
- ___ ___ Hurtful targeted insults
- ___ ___ Get others to take sides
- ___ ___ Interrupt
- ___ ___ Practice an addiction
- ___ ___ =Totals

Total of my two columns_____ + Total for partner's columns_____ = _____Grand Total

(Possible total of 240. Higher the total=higher conflict, lower satisfaction.)

In day-to-day life, we make constant course-corrections based on feedback—one key doesn't work so it must be the other one—but we seldom look at the feedback from (the results produced by) our communication tools. *Every* communication is an attempt to convey thoughts, feelings or needs and can be evaluated by this standard: Does it result in more or less loving, a better or worse relationship? Will you assume responsibility for your communication methods and change the ones that hurt our relationship?

Insanity is doing the same thing over and over again but expecting a different result!

**"Learning to communicate well requires practice, persistence, and patience,
but the pay-off of a great marriage is worth the effort."**

Jim Landrum

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Now that you have the results...

If your scores are dramatically different from each other...

He may rate himself a 43 and you 86. You may rate yourself 81 (close to his rating) but you rate him a 79! The explanation might be that he is unaware of some of the things he's doing that hurt you. Or you might be more highly sensitive than he is. When the love relationship is fragile, it's common to *not be aware* of what we do that damages the energy between us. There is no right or wrong here. There are just two persons doing the best they can to score the quiz according to his or her experience.

If there is a dramatic difference between his combined total score and your combined total score, it only means that you have very different perceptions of your relationship. Don't be concerned. **It's just information about where you are starting your journey.**

If your individual and combined scores are nearly the same...

It means that your evaluations of the communication between you are roughly equal. You have about the same experience of conflict and presumably, desire for improvement. **Save your quizzes so you can track your progress. This is a valuable picture of your starting point.**

STEP #2: Are You Creating Distance or Connection?

ALL methods of communicating foster either emotional distance or connection.

“A SoulMate relationship is developed and maintained by sharing feelings and needs...not just opinions or thoughts. Sharing feelings and needs is literally the act of moving to a deeper level of connection...a level where feelings can be safely shared and heard, and where issues can successfully be resolved.” Nancy Landrum, *How to Stay Married & Love It!* p. 79.



You didn't marry expecting to feel isolated, separate, and unsure of your value to this specially chosen partner. You married expecting the deep, intuitive connection of being “in love” to continue. **But at some point, the warts begin to appear...a disagreement, a difference in values, an overdrawn checking account...life...**

Distance happens when we feel invisible, unheard, undervalued ...unloved. When there is consistent emotional distance between you and someone you love, **it's painful.** You are designed to need connection, especially with your spouse.

You may be asking the same questions Jim and I were asking...

We look sweet, don't we? But behind the scenes we were asking these questions:

- **HOW** do we stop fighting?
- **HOW** do we treat each other with respect when we're angry?
- **WHAT do we do** with our anger and frustration so that it won't increase the distance between us?
- **HOW** do we resolve this issue?



Step #3: Enter the Coach...

After literally years of searching, we eventually found a great coach who began to teach us some **basic communication skills**. Stuff like:

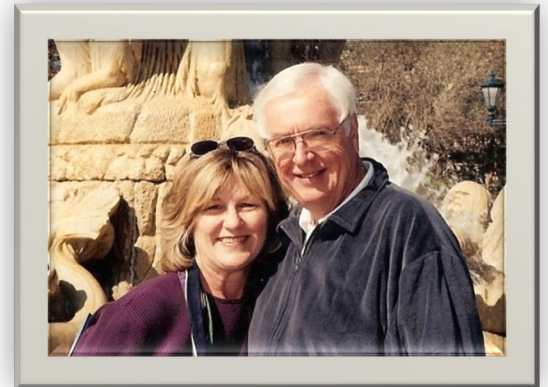
- ✓ Speak in "I" messages (I think... I feel...I wish that...I'm concerned about...)
- ✓ Avoid verbal attacks (How could you....? You forgot to... I told you...)
- ✓ Really listen to each other.

You've probably heard these tips before. They are recommended in every program, article or book you've ever read about healthy communication. But **actually putting them into practice in a very volatile relationship is not easy!** It took every bit of commitment we had to a loving, lasting marriage to use these tips, and more, when discussing our hot issue! It also took a great deal of support from our coach until these new skills became more habitual.

On one momentous day we'd made it through about 45 minutes of talking through our personal minefield without blowing up. **It was exhausting!** We stood. Jim opened his arms for a hug. He said, "That felt so respectful. **Let's do our best to always treat each other with respect from now on...24/7!**" I agreed.

That was the day our marriage began to heal. It took about three months of intense use of these new skills, plus practicing some great anger management skills before we could **consistently maintain our goal of *always* treating each other with respect.**

Until we were consistently treating each other respectfully, it wasn't possible to have understanding for each other's point of view. It was only after developing emotional safety and more understanding for each other that we could find a mutually agreeable solution to our issue.



Step #4: What does this mean for you?

We wanted to save others the long search our journey had required, so we began teaching classes titled, "How to Stay Married & Love It!". Those classes morphed into the book, "How to Stay Married & Love It! Solving the Puzzle of a SoulMate Marriage" and then the online, streaming course called the **Millionaire Marriage Club**.

Landing here means you've come to a place where **there are clear, effective answers to the questions that start with "How...?"** I know how to teach you how. I know by personal experience. I know by training. I know by twenty-five years of coaching couples out of pain to reconnection. I know because of the feedback I've gotten from readers of my books and members of the **Millionaire Marriage Club**. (Check the testimonies out at www.nancylandrum.com)

The most powerful, user-friendly guide... the Millionaire Marriage Club!



Now you can learn and practice the skills for building a happy, lasting marriage of your own! And, from the privacy of your own home.

The **Millionaire Marriage Club** fleshes out the huge gap between *learning about better skills* in a book and being able to *practice them successfully* in your most precious relationship.

When you join the Millionaire Marriage Club, you gain **unlimited access** to nineteen half-hour lessons divided into eight powerful modules that guide you step-by-step through the journey. Because the course belongs to you forever, you can review lessons as you need extra support.

Congratulations! Today you...

- Took the first step by downloading this quiz,
- Scored yourself and your partner as accurately as you could,
- Were truthful about being somewhat (or a lot!) dissatisfied with your relationship as it is, and
- Found this innovative, powerful guide for achieving the marriage of your dreams.



Step #5: Now...

- Join the **Millionaire Marriage Club at the bargain of \$1,197** by returning to NancyLandrum.com to make a one-time purchase or **three monthly payments of \$417**. You (and your children) deserve to have the joyful, peaceful marriage and household that you imagined when you said, "I do!"

Nancy Landrum

