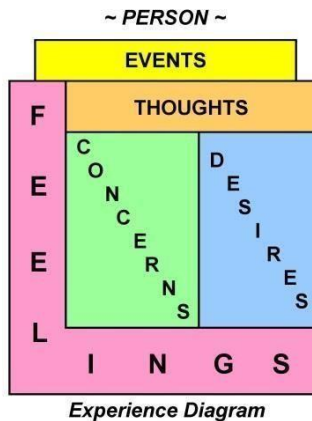


Relationship Rehab Show

FREE DOWNLOAD #12

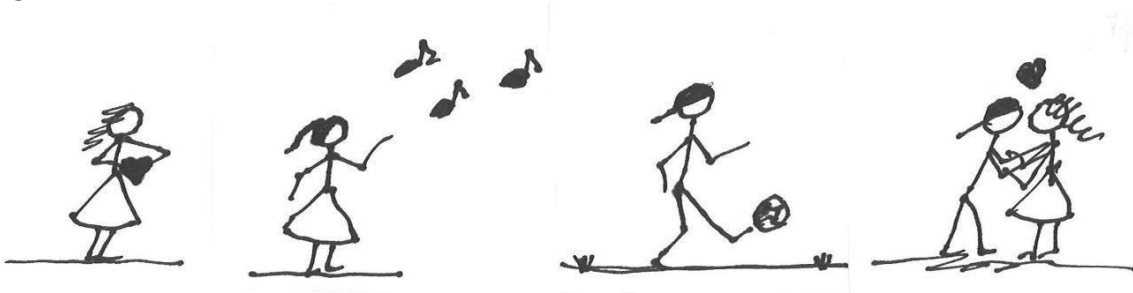
Communication: Speak to be Heard



Note: all fights take place at the “thoughts” level. Thoughts include opinions, perceptions, interpretations and beliefs. Most fights are about my opinion vs your opinion and the battle to be “right.”

- Avoid accusatory “You...” messages, such as “You forgot to pick up the dry cleaning!” or, “I hate it when you...” “You” messages are one of the most frequent ways of complaining and almost always trigger defensiveness.
- Avoid absolute words, like always, never, every time, etc. Absolutes create arguments, “No, I didn’t” or, “Remember when...” Force your tone of voice to be respectful, neutral, without a bite to it and at a conversational volume. • Say, “I think...” or “I believe...” or “It’s my opinion that...” AND, do not follow those words with a “you” message!
- Talk about the event or the issue, rather than attacking the person.
- Say, “I feel...” and choose a feeling word from the list provided on the next page. Feelings can be shared in three words, ie., “I feel disappointed,” or “I feel loved when you...” or, “I feel hurt.”
- When you share your feelings rather than your thoughts, opinions, beliefs or perceptions, you are being more vulnerable and less attacking. It is scary to be vulnerable, but in relationships, the courage to be vulnerable takes the conversation below the level where fighting happens...and opens the door of more compassion between you.
- Share your concerns and desires, as well. All of your perspective cannot be known by the Listener until you give accurate information about your thoughts, feelings, concerns and desires

Feeling Word List



Happy/ Comfortable

Airy
Blissful
Bright
Bubbly
Buoyant
Charmed
Cheerful
Ecstatic
Elated
Enchanted
Expectant
Free
Giddy
Glad
Happy
Hilarious
Jolly
Jovial
Light
Lighthearted
Pleased
Merry
Overjoyed
Sparkling
Surprised
Thrilled
Warm Jubilant

Secure/ Confident

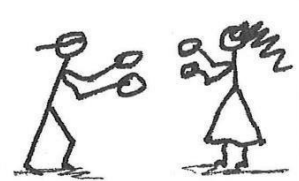
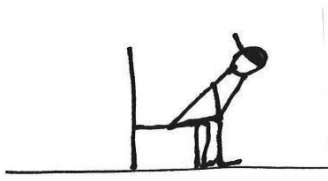
Adventurous
At ease
At home
Attracted
Bold
Calm
Cherished
Comforted
Confident
Cool
Courageous
Dashing
Determined
Easygoing
Fearless
Free-and-easy
Heroic
Loose
Relaxed
Secure
Snug
Spontaneous
Strong
Unbridled
Unhindered
Unrestrained
Poised
Talkative
Vivacious

High Energy

Alert
Alive
Attentive
Awake
Eager
Energetic
Enthusiastic
Excited
Exhilarated
Fidgety
Frisky
Peppy
Playful
Refreshed
Rejuvenated
Revived
Spirited
Spry

Affectionate

Amorous
Cozy
Cuddly
Grateful
Loving
Moved
Passionate
Romantic
Sensitive
Sensuous
Sexy
Tender
Touched
Warm



**Unhappy/
Uncomfortable**

Aching
Agonized
Ashamed
Cheerless
Cold
Crushed
Dejected
Depressed
Despondent
Disconcerted
Discouraged
Disillusioned
Dismal
Downcast
Downhearted
Frowny
Gloomy
Glum
Grief-stricken
Grieved
Heartbroken
Heavy
Heavyhearted
Joyless
Lonely
Morose
Mournful
Murky
Pained
Sad
Sullen
Unhappy
Weepy

Afraid

Abandoned
Alarmed
Anxious
Apprehensive
Betrayed
Bewildered
Boxed-in
Burdened
Unglued
Confused
Distressed
Fragmented
Fearful
Frightened
Guarded
Horrified
Jittery
Locked-in
Nervous
Overwhelmed
Panicky
Paralyzed
Pressured
Queasy
Shaky
Shocked
Tense
Timid
Trapped
Trembly
Uptight
Worried

Low Energy

Bashful
Beat down
Bushed
Cool
Depleted
Dull
Exhausted
Feeble
Groggy
Listless
Pensive
Shy
Tired
Waterlogged
Weak

Uneasy
Awkward
Baffled
Bruised
Embarrassed
Fragile
Frustrated
Nauseated
Out-of-sorts
Restless
Wound up
Whiny
Wistful

Angry

Abused
Annoyed
Boiling
Cantankerous
Demeaned
Disrespected
Furious
Enraged
Grouchy
Irritated
Offended
Peeved
Provoked
Seething
Resentful
Touchy
Victimized

Note from Nancy:

Changing how we put words together is not easy. Our brains love habits, even the ones that are producing poor results in our lives. Jim and I had to work very hard at creating better ways of speaking to each other so that we both felt respected. When treated with respect a person is far more willing to listen and try to understand.

Our coach gave Jim the list of feeling words you found on the previous two pages. I give the same list to all of my clients. There is something magical introduced into the conversation when one or both persons are willing to take the deep dive into feelings. Sharing our feelings is far more scary than sharing our opinions. But feelings are where the air is softened between you and room is made for regret, apologies and/or solutions.

Thank you for ordering this free download! I admire your desire to improve the way you communicate and want to give you all the support I can. In just a few weeks I'll be sharing on the Relationship Rehab Show how to put these skills together in a Skilled Discussion. It's powerful! Don't miss it!

Best wishes on your journey to healthier relationships,

A handwritten signature in black ink that reads "Nancy Landrum". The script is fluid and cursive, with the first letters of each word being capitalized and larger than the others.

PS: You can get more thorough instructions by purchasing [How to Stay Married & Love It!](#) (for couples) or [Communication Elixirs](#), (for any relationship) or [Communication: a Mini-Course](#) from the website.