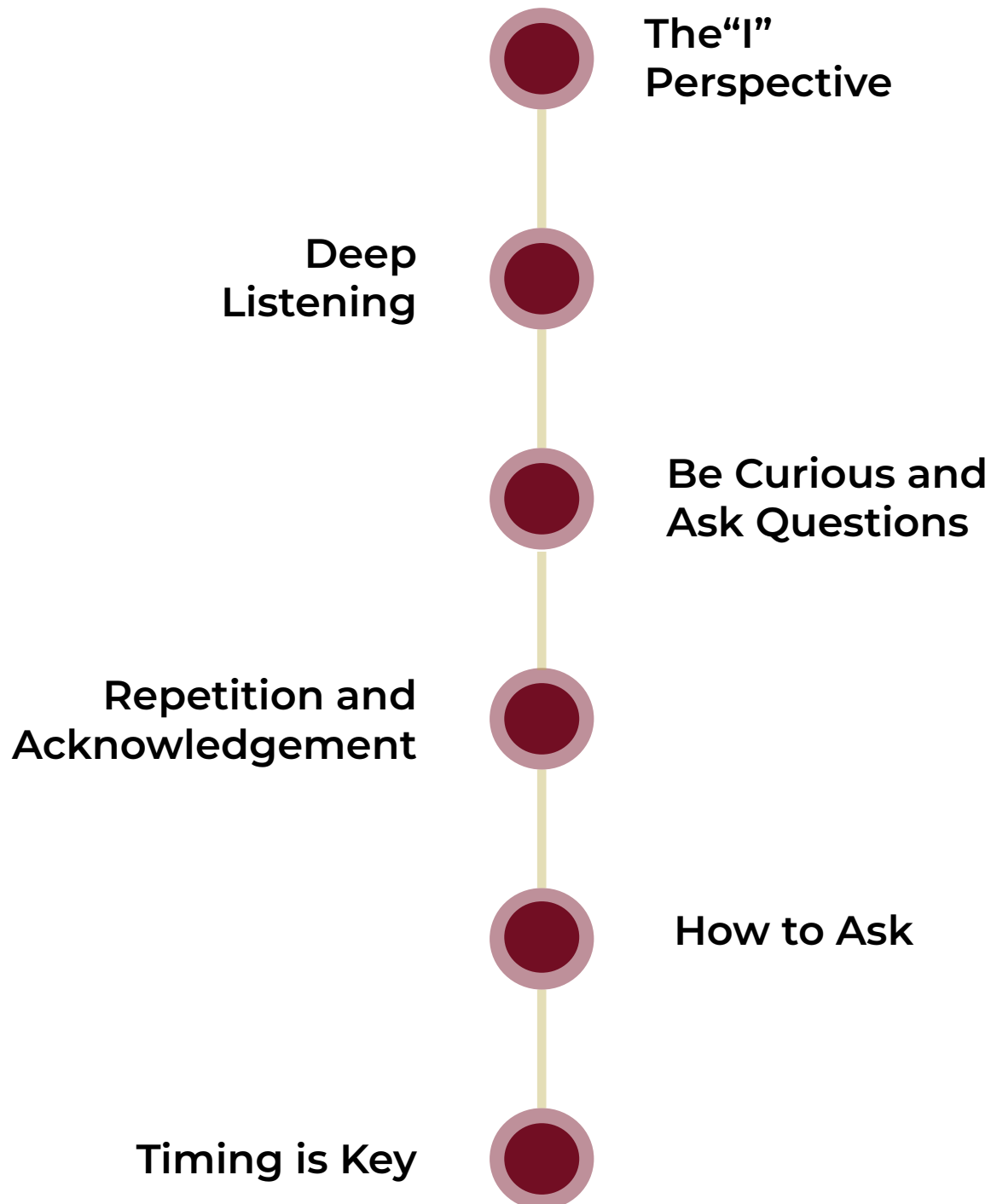




*The Art of
Communication:
The Top 6 Simple
Strategies to
Strengthen Your
Relationships*



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Intimacy and Compassion Are the Bridge to a deeper Human Connection

Intimacy and compassion are important parts of every relationship and often the first thing overlooked in such a busy fast paced world.

When I imagine intimacy, I feel it as a beautiful synergy of **deep connection**, awareness, **presence**, **mindfulness** and the ability to feel life on a visceral level. Being intimate is not just about **romantic love**, it's profound **embodied connection**, developing good **communication skills**, and enhancing pleasure in all aspects of life, free from the expectations of others.

Imagine your most intimate moment — a conversation, a touch, a kiss — where it infuses your entire body with energy, where every breath leaves you feeling ALIVE, and where you know you are heard, safe and cared for — in the bedroom, at home or in the workplace, and in life overall.

It's common to have struggles and we are all constantly learning the best way to stay in sync with oneself and our loved ones.. Here are some of my best practices to create greater intimate connection and successful relationship teams.



I Perspective - Be accountable for what you are feeling

When you are ready to share with your partner, create a sacred space where you feel safe, comforted and warm. This may mean turning up the heat, lighting candles having blankets and pillows, etc. Be honest with your partner that this is a vulnerable situation for you if that is the case. Ask them if they are ready to sit with you; can they be present, in their heart and really with you to hear you and what is alive for you. If not, then set a time that is more ideal for this. Again, don't rush or force it. What is most important is that you have everything you need to be able to feel safe and open.

In communication you want to express your feelings and needs from a place of accountability and compassion. It's best to use life affirming language which is when you use wording and delivery to express yourself from the I perspective.



It may sound like this, “I love you and can only imagine the array of emotions that you are feeling and how scary this may feel to you. I want you to know I am here for you. I am noticing I am feeling uncomfortable that I may do something wrong, or say the wrong thing and I don’t really know what to do.”

You are accountable for what you are feeling, needing and thinking. I feel this. I thought that. I would like this. It has you making requests instead of demands of another person. The overall tone is welcoming and inviting, even when you are setting boundaries and agreements, whether you are at home or work.

When you are in communication, it is important to share what you are feeling and also to really listen deeply to your partner. Be sure you have understood the other person, and be sure they know it by saying or asking.

Deep Listening

Be mindful to resist mechanically repeating “I hear you.” Instead, use something along the lines of ***“If I understood you correctly, You feel hurt when _____, and you desire to_____. Is this correct?”*** This style of listening ensures that the communication comes across the way it is intended, and it assures the other person that their experience is important and understood.

Be Curious and Ask Questions, Tell me more

Remember nothing is personal! Be sure you listen to all the other person has to say with an open heart. This will prevent any feelings or unspoken words from lingering in the process which could create resentment and upset. You might ask, “Would you like to share more or elaborate on this so I may really understand what you are feeling or desiring?”





Repetition and Acknowledgment

Once the sharing is complete, calmly repeat what each of you has heard and understood. In this repetition you are acknowledging each other's personal truths, needs or requests. It is important to acknowledge the other person, though you do not need to agree in order to do it.

Acknowledgments soften the desire to defend or fight and opens the door to more of a win/win outcome. It helps people lean in for more. Acknowledge in a way that will reach their hearts and body. For example, "I can imagine how challenging this situation is for you," or "what you are asking is completely understandable and you deserve this."



Reframing Vulnerability

Asking for what you want can be confusing. When do I ask? Is the other person available to listen? Will I be rejected or made fun of? Will I get yelled at or worse if I say the wrong thing? Sometimes the moment leading up to asking can feel like the scariest, most nerve wracking experience. When you ask for something you desire, there will be a degree of vulnerability to it.

A key to easing your anxiety around asking is to reframe the way you experience being vulnerable.

Examine any nervousness and reframe it as enthusiasm or excitement at the prospect of getting what you want, it loosens that knot of fears into fluttering butterflies. The vulnerability in itself can be seen as a win because you are choosing to be fully expressed, fully authentic no matter what. Another great reframe!



How To Make a Request

Your ask stands a much better chance of landing well if you prepare yourself by remembering these ideas.

Breathe — Prepare yourself by taking a few deep diaphragmatic breaths, make sure you have the appropriate time to express your ask and remind yourself to just be you.

Be transparent — I love being real honest before I ask. If I am nervous, I will begin the conversation by acknowledging this and telling the person or people I am asking that I am nervous. Try something like, “I have had something on my mind and have been holding it back because I feel so nervous to ask, I am concerned about what you would think or how it would come across.” When you own what you are feeling rather than pretending, it will relax the nervous system, you will feel calmer, and the other person or people will also feel more relaxed and safe with you. Transparency creates connection.

Make a request, not a demand — You want the request to be inviting, welcoming. You are seeking to be heard and to create a win/win experience. Demands will only put up walls of defense that keeps the receiver from hearing what you are asking for.


Leave expectations and the need to convince someone else outside of the room — Just be yourself and share from the heart. This is crucial because not everyone will be available to agree with your ask or show up the way you expect and want them to.

Timing is Key

Choose the Best Time to Ask:

1. Have a **good night sleep** and feel rested.
2. Make sure your blood sugar level is balanced and you have been nourished. An example of when not to ask would be after a busy work day while driving home during rush hour.
3. **Be grounded.** Make sure you are not scattered in a million directions.
4. Make sure you have **adequate time** to ask and space to have a conversation. Depending on the topic of your ask, you will need to be the judge of how much time is needed.
5. **Be aware** of the state of the person or people you are asking. If you see they are exhausted, haven't eaten all day or are in a rush, it's your responsibility to make an empowered decision to reschedule the conversation for a time when everyone can be fully present.



A man and a woman are sitting on the floor in a room with wooden beams. They are holding hands and looking at each other. The room has a wooden floor, a bookshelf, and a piano in the background.

When you ask, you are inviting in a certain sense of intimacy and trust. When you ask, you are offering an opportunity for another person to be of service and share more of themselves. Asking is a gift because it opens the door to knowing yourself, and another more. It empowers and inspires new conversations.

Remember to be patient with yourself and others, and to practice as often as you are able. Intentional dialog is a skill that requires greater presence, mindfulness, curiosity, and compassion.

We all have the need to be loved and understood; good communication is essential. I take a thorough look at communication in relationships in my book *Revolutionizing Intimacy*. For more information, look at www.tziporahintimacy.com.