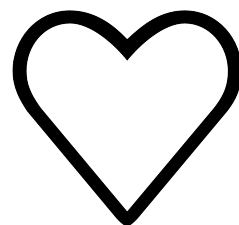


THE KEY TO STRONGER RELATIONSHIPS: HERE ARE 3 WAYS TO DO IT BETTER

Dr. Liz Hale
KSL Studio 5 Interview
November 10, 2020



What is the biggest factor in gaining stronger relationships?

Communication! Communication is a science & an art form & it's the most dangerous thing we do. It's important to know how to do it well. Every party feels heard, understood, respected.

3 BARRIERS TO EFFECTIVE COMMUNICATION

We provoke the very problem we're complaining about.

We deny our role because self-examination is too painful.

We forget we have the power to transform our relationship.

3 KEYS TO EFFECTIVE COMMUNICATION

E- Empathy

A- Assertiveness

R- Respect

HOW TO APPLY

Empathy: Acknowledge the other person's feelings & Find some truth in their words.

Assertiveness: Use "I Feel" statements & Express yourself openly & tactfully.

Respect: Convey caring & respect & Speak gently even if frustrated or annoyed

reflections:

How is the communication in my relationships?

What barriers have I faced in my communication?

What are ways I can improve my communication?

What will my relationships feel like with improved communication?

Notes: