
FRONT COVER:

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Foreword

Chapter 1:

Don't understand each other

Chapter 2:

Never communicate enough

Chapter 3:

Winning over an argument

Chapter 4:

Complicating simple things

Chapter 5:

Applying assumptions

Chapter 6:

***Expecting each other to react in particular
fashion***

Wrapping Up

Foreword

Communication is important in a relationship. Effective communication is even crucial for a long-lasting relationship. One of the main reasons for breakups in a relationship is the inability to understand each other. Get all the info you need here.



Communications Break-down

Discover the root cause of all breakups in relationship

Chapter 1:

Don't understand each other

Synopsis

Here are some tips on how to understand your partner and achieve effective communication.



The Basics

Respect your partner. Understanding your partner means respecting him/her. Respect your partner's personal space and time to carry out his/her daily activities alone. Respect your partner's rights to speak out or make decisions. Do not dominate your partner's every move and thought.

Accept your partner for who he/she is. This requires tolerance. You must be able to tolerate your partner's weaknesses and ways of handling difficulties faced, and his/her lifestyle. If you find it unbearable anymore, try to talk to your partner.

Realize that your partner has a different perception from yours. When making decisions together, always remember that he/she has individual opinions, choices, and thoughts too. This will prevent misunderstandings and heated arguments.

Give full support. Understand your partner's needs. Give full love, emotional, physical, or mental support to your partner. Support would mean you will try to get involve in his/her life, thus allowing you to understand him/her better.

Genuinely care for your partner. Being in a relationship, you should genuinely being able to accept, love and care for him/her. Even if this is a forced relationship, treat your partner well. When

you genuinely care, you are able to understand your partner more. Listen carefully to your partner.

Find the “good” in your partner. Do not allow negative feelings to grow, towards your partner. When you are upset with your partner, you may misinterpret him/her easily. You should occasionally give compliments when your partner did something right. This is a very effective way of complimenting your partner.



Chapter 2:

Never communicate enough

Synopsis

When a couple decides to break up, it is always because they are not able to communicate with each other. Not communicating enough, whether verbally or non-verbally, will lead to misunderstandings or misinterpreting of messages between you and your partner. You can consider working, on communicating more with your partner, to show that you still care and love him/her.



How to Improve Communication

Just call to say, “I love you”. Tell your partner how much you miss him/her, or how much you need him/her, whether at work or when you are away.

This works especially for couples who had just argued or are being temporary separated from each other for daily activities. This is also a chance to reconnect to each other.

Put yourself in your partner’s position occasionally. You will understand better, what your partner is going through and how he/she feels about things. Take turns to do chores. Cook dinner, keep an eye on your children if you have any, or try to work around his/her schedules.

Have a conversation. Make time to sit down together and have deep conversation at least once or twice a week. Just talk about yourself and your partner. Have a special dinner together periodically, or go for a walk together, etc.

Have open and mutual discussions often. Join in the conversation with your partner. When either of you are facing difficulties or trying to solve problems, make discussions without dominating the whole situation, or allowing your partner to do all the talking.

Show appropriate body language. When your partner is in trouble and talks to you, show that you are listening. When your partner is upset with the loss of her close relative, do not merely sit there and do nothing. Give your partner encouragement with a pat on the shoulder or loving smiles.



Chapter 3:

Winning over an argument

Synopsis

It is never ideal to think you are right all the time, especially when it involves your partner, just to guard your self-esteem or pride. Trying to win an argument means you are trying to dominate your partner, which is a very selfish thing to do and you might hurt your partner, which may lead to a bad breakup. Do consider avoiding the followings to get rid of this harmful behavior:



Arguing

Try to be right all the time. Do not classify every point of view as “right” or “wrong”. You must understand that each point of view given by either of you can be subjective, and matters in life cannot be logical all the time, however, be rational. Never forget to listen carefully to what your partner is trying to say.

Expect your partner to think like you. Different people have different thoughts and ideas, so do not demand your partner think like you, or 100% understands how you think or feel.

Bring back the past conflicts. Again, why would you want to win over the argument? Is it to hide the fact that you are having low self-esteem? Bear in mind, this act could prevent healing the wounds in your relationship, and worsens the argument.

Accuse your partner. Don't always be accusing. “You”. “You are the one who started this!” “You should check yourself first!” When in an argument, try to focus on what you feel and think. It would be better if it were phrased, “I feel disappointed...” “I find it hard to...”

This preview copy ends here and to get the full product, please go to (the website URL).