



COMMUNICATION

*"It is a luxury to be understood."
—Ralph Waldo Emerson*

CREATING A WISH LIST

In this exercise, you will each individually make a Wish List of things you would like more or less of in your relationship. Next, take turns sharing your Wish Lists with each other.

Assertiveness is the ability to express your feelings and ask for what you want in your relationship.

Active listening is the ability to let your partner know you understand them by restating their message.

In sharing your Wish List with your partner, you will be demonstrating your Assertiveness skills. In giving feedback to your partner about their Wish List, you will be demonstrating your Active Listening skills.

Make a Wish List of three things you would like more or less of in your relationship.

1. _____
2. _____
3. _____

SHARING YOUR WISH LIST

Take turns sharing your Wish List with each other, keeping in mind the following:

- Speaker's Job:
 - Speak for yourself ("I" statements e.g. "I wish...").
 - Describe how you would feel if your wish came true.
- Listener's Job:
 - Repeat/summarize what you have heard.
 - Describe the wish AND how your partner would feel if the wish came true.

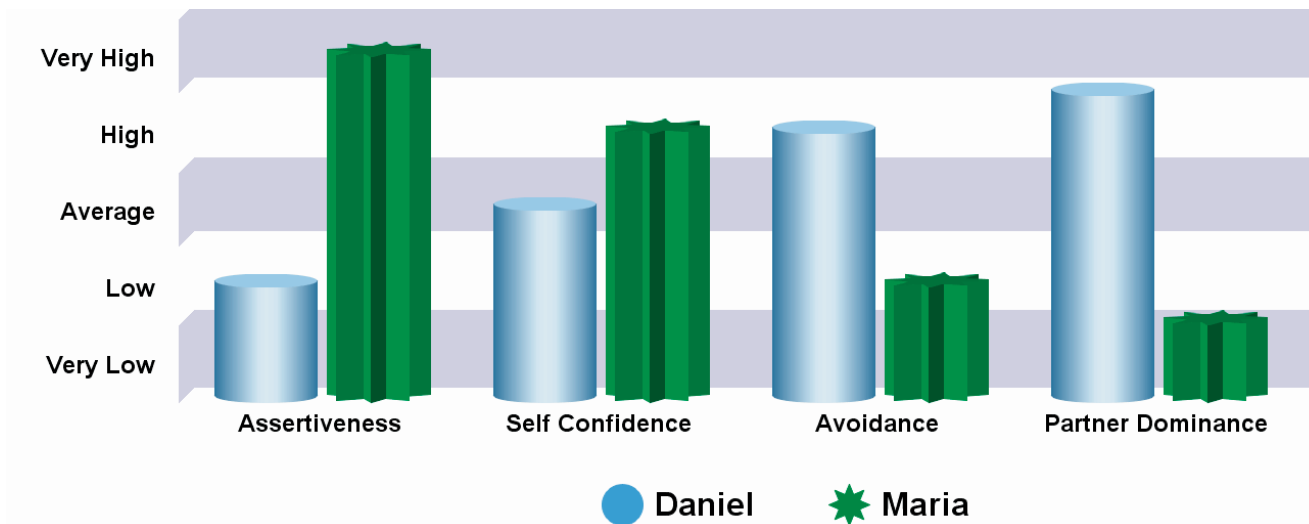
COUPLE DISCUSSION

After completing the Wish List Exercise, discuss the following questions:

- How good were each of you at being assertive?
- In what ways did you each effectively use active listening skills?



Relationship Dynamics



Assertiveness is the ability to express one's feelings and ask for what one wants.

Daniel: **Low**

Daniel has some difficulty expressing thoughts and feelings, and sometimes finds it difficult to ask for what he/she wants in the relationship.

Maria: **Very High**

Maria is good at openly expressing thoughts and feelings and can easily ask for what he/she wants in the relationship.

Self Confidence focuses on how good one feels about oneself and their ability to accomplish what they want in life.

Daniel: **Average**

Daniel has a moderate level of Self Confidence and may generally have positive self-esteem, and typically feels good about his/her ability to accomplish what is wanted in life.

Maria: **High**

Maria has a high level of Self Confidence, positive self-esteem, and feels very sure of his/her ability to effectively accomplish what is wanted in life.

Avoidance is the tendency to minimize issues and reluctance to deal with issues directly.

Daniel: **High**

Daniel scored in the high range and may tend to minimize problems and be reluctant to deal directly with issues.

Maria: **Low**

Maria scored low in avoidance and will generally be open to identifying and discussing issues in their relationship.

Partner Dominance focuses on how much one feels controlled or dominated by their partner.

Daniel: **High**

Daniel scored in the high range in Partner Dominance and may often feel his/her partner is dominant, controlling, or interested in managing his/her life.

Maria: **Very Low**

Maria scored in the very low range in Partner Dominance and does not feel his/her partner is dominant, controlling, or interested in managing his/her life.