

Constructive Communication

Using neutral language helps to reduce defensiveness and open up a more constructive dialogue.

BLAMING STATEMENTS

"You never listen to me."

"It's your fault that we're always late."

"You always make everything about yourself."

"You never help around the house."

"You always forget important dates."

"You never take responsibility for anything."

"You always make me feel bad."

"It's because of you that we're in this mess."

"You never care about my feelings."

"You always ruin everything."

NEUTRAL LANGUAGE

"I feel unheard when I try to share my thoughts. Can we find a way to improve our communication?"

"I've noticed that we often run late. Can we discuss how we can manage our time better?"

"I feel like my needs aren't being considered. Can we talk about how we can balance our needs better?"

"I feel overwhelmed with the household chores. Can we create a plan to share the responsibilities?"

"I feel hurt when important dates are forgotten. Can we find a way to remember them together?"

"I feel frustrated when responsibilities aren't shared. How can we ensure we're both accountable?"

"I feel upset when certain things are said. Can we discuss how we talk to each other?"

"I feel stressed about our current situation. How can we work together to improve it?"

"I feel like my feelings aren't being acknowledged. Can we talk about how we can be more supportive of each other?"

"I feel disappointed when things don't go as planned. How can we work together to make things better?"