

# Relationship-Counselling

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## Couple Communication



Many couples feel they don't communicate properly.

Of course, this can mean very different things to different people.

For some couples it means they hardly talk to each other. For other couples it means they talk to each other, but their 'talk' is more likely to be disagreements with each other.

What I notice is that many couples communicate just fine - they simply don't like what's being said!

We need to understand what is meant by couple communication and why it is important.

The most obvious use of communication is to convey factual information. Letting your partner know you are going to be late coming home is the kind of simple courtesies you would show to anyone.

It also makes good sense. If you are not the one cooking dinner, that you might get a meal, rather than face burnt leftovers.

So, you certainly need to make sure you are getting this kind of communication right.

Going beyond factual communication, good communication in a partnering

### Taking steps to help your relationship

The ideas raised here are explored in greater depth in publications available on this website, as well as courses.

In particular, you might like to read the following Ebook: **Relationship Essentials** by Paul Gale-Baker.

Go to [relationship-counselling.com.au](http://relationship-counselling.com.au) and select the Resources section. You will find information about the books.

You will also find courses in relationship skills, enrichment and intimacy in the Courses section of this website.

You can also sign up to receive Tip Sheet Updates as they are published.

I also offer individual sessions.

*Paul Gale-Baker*

# TIP SHEET 2

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relationship allows us to let our partner know who we are. It allows each of us to have a 'map' of the other person's inner world.

Couples often do not let each other know who we are 'under the surface' and this is the area of communication which can have the greatest impact on the relationship. To have

healthy, intimate relationship, couples need to know each other - and you don't know each other by guessing!

Some people believe their partner should automatically know how they feel, so they don't have to talk about their feelings.

Unless each person talks about how they are feeling, there can be a lot of guesswork. Unfortunately the guessing is often completely off-base.

The fact is, many couples manage to keep their real feelings a secret from their partners for years - sometimes decades - and the relationship suffers as a result.

So what's the problem? Some people say they don't think their partner wants to hear their feelings. In fact, many of us don't feel our feelings are important enough to talk about. Or we are embarrassed or ashamed of them.

Or we think they will come out 'wrong'.

In some cases, people aren't really sure what they feel.

The best solution is to begin to talk. Even if you're unsure of what to say or how the other person will receive it, getting into the habit of talking gets easier and

## Key Tips

- Make time to talk
- Let each other know what you are feeling
- Begin simply - simply begin
- Accept that talking about feelings may be hard at first
- Find ways to understand what holds you back from talking about your feelings

will pay off by helping build a stronger relationship.

Now, this will make a lot of people anxious, because being ashamed of what we feel does not make for easy communication.

*So here's how to start.*

Begin by talking about simple feelings. Talk about how you feel about the sunset, or a movie you just saw - something not too important.

This will open up a path for talking about feelings. Then you can raise the bar a little.

Talk about how you felt about your day and work your way up to how you are feeling about things closer to home - like your children - and your relationship.

What you are aiming for is to be able to talk freely with your partner about how you are feeling in the relationship. Once you can do this, you are beginning to talk with intimacy.

Many people find it hard to overcome the fear of opening up to their partner. If you find this is the case for you and your partner, you will need to understand what you are afraid of and learn how you can overcome this fear.

Counselling is a non-threatening way to understand what these fears are.

Counselling provides a structure to help couples talk to each other in ways which are often difficult.

This and other fundamental relationship issues are discussed in detail in the **Relationship Essentials E-Book** (see below for details.)

*Paul Gale-Baker*

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## Paul Gale-Baker

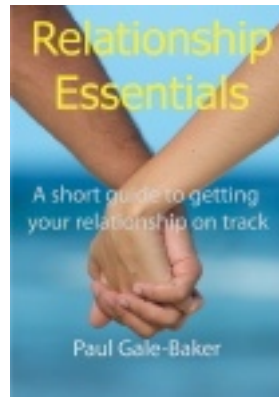
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Paul is a highly qualified and experienced counsellor and therapist in private practice in the suburb of Ivanhoe, Melbourne, Australia.

He is an internationally recognised teacher of the Voice Dialogue method and Director of Voice Dialogue Australia, which provides training for counselling professionals, as well as courses in relationship and personal growth for members of the public. He speaks publicly and writes on issues of relationship.



Appointments can be made with Paul by going to the web site, by emailing [paul@relationship-counselling.com.au](mailto:paul@relationship-counselling.com.au), or by calling (03) 9444 7427 or 0408 733 683. The practice is located in Ivanhoe, Melbourne, Australia. Sessions are arranged by booking only.



## Relationship Essentials

Want to understand what is wrong with your relationship but don't know where to begin?

Perhaps you can see the problems, but don't know what to do about them.

This condensed guide will help you put your relationship on a sound footing. It reveals the major causes of relationship problems which cause pain and dissatisfaction in relationship.

Through clear writing, examples and exercises, it will help you resolve relationship difficulties and put your relationship on track. [Click here to buy this book.](#)

### *Please note:*

*The content of this Tip Sheet is intended for informational purposes only. It is not intended to replace counselling and therapy. If you or your relationship are in need of help, I strongly recommend that you see a qualified professional.*