

LISTEN TO UNDERSTAND, NOT TO INTERRUPT

Cheat Sheet

1. *Perceptions and Agendas*

When the two of you are in a conversation each of you has an agenda and your own perceptions. These they keep you from being fully present, because you're thinking about your own agenda, not about what you're actually hearing.

2. *Stop Interrupting*

When you interrupt your spouse, it shows a lack of respect for their ideas. When you do this over and over again you are saying to your spouse that what they have to say is not important.

3. *I Heard You Say...*

These three powerful words can completely change the feeling in the conversation. "I heard you" means that you have made a choice to listen to your spouse and not jump ahead with your own thoughts.

4. *Write Your Thoughts Down*

When your spouse is talking and a thought comes to you instead of interrupting have a pen and paper handy and write down what you're thinking. After they finish you can answer with what you have written on your piece of paper.

5. *Invest In Understanding*

Be patient with yourself and your spouse. When you make the investment to strengthen your communication skills, that investment will pay dividends that you cannot even imagine.

NOTES
