

# THE DIVORCE AND SEPARATION PROGRAM

*Offered by* **The Rebuilding Therapy Center**

*A Psychological Corporation*

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## EFFECTIVE WAYS TO COMMUNICATE

1. Be respectful, not being aggressive, sarcastic or negatively critical.
2. Don't argue to win. Listen, empathize, and problem solve so both persons experience some type of win.
3. Listen without your own feelings and thoughts and with your mind and emotional heart as clear and open as possible, putting yourself in the mind and emotional heart of the other person.
4. Focus on the present, unless one is stuck in resentment due to the past. When a person won't let go of resentment, it can be addressed in a joint session if the other person is willing to listen or in an individual session. Holding on to resentment from the past can sabotage progress.
5. Communication has to include both persons listening and being heard, followed by problem solving.
6. A respectful request is a way to politely address a problem. It involves stating what the problem is, how you feel about the problem, making a suggestion to address the problem offering to do your part, asking if your suggestion is acceptable or does the other person have another suggestion and working out a solution in an 'I win – you win' way.
7. Allow there to be a time out if the communication breaks down. In a time out, both persons need to work on letting their frustration go, try to understand the other person and think of another way to solve the problem.