



Living Hope Family Therapy & Counseling
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A LUVing Strategy For Good Communication

Gary Smalley in his book, Secrets To A Lasting Love, talks about an easy way to remember how to communicate. He condenses the idea into the acronym LUV

Listen: During this phase of communication, it's important that you remain in control of your responses. You will be tempted to respond by explaining your own position. Ask yourself: Am I really interested in listening to him/her or am I just waiting my turn to respond?.

Listening sounds like:

"I heard you say..."

"If I understood you correctly, you said..."

"It sounds like you are saying..."

After you mirror back to them, get some feedback by asking...

"Did I get that right?"

"Is there more you want to tell me?"

Understand: Through understanding we show compassion. Understanding is not agreeing, it is basically saying, "From your perspective, I can see why/how you would see it that way."

Understanding sounds like"

"I can see what you mean."

"I can understand where you're coming from."

"That makes sense to me because..."

Validate: Validating your partner is a powerful way of developing intimacy. It requires you to verbally capture the emotion behind what your partner is saying and express it to him or her.

Validating sounds something like:

"That must make you feel....."

I wonder if you felt..... When I"

Remember your goal in communication is not to win an argument or get what you want, but to bring unity to your marriage.

Hint: Try not to "fire hose" each other with too much information. Give bite size pieces, don't rehash the whole history and all the details. Use only 3-5 medium size sentences at a time. If you have been talking for 1 minute it's time to let your partner respond!

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