Relationships don’t exist in a vacuum. They exist between two emotional human beings who bring their own past experiences, history, and expectations into it. Two different people also have different levels of skill when it comes to communication. But better communication, because it is a skill, can also be learned.

The most popular myth about communication in relationships is that since you talk to your partner, you’re automatically *communicating*. While talking to your partner is indeed a form of communication, if it’s primarily about everyday, “surfacey” topics (*“How were the kids?” “How was work?” “How’s your mother?”*), you’re not really communicating about the important stuff. This article is primarily about how to talk in a more open and rewarding manner with your significant other.

Communication either makes or breaks most relationships. You can improve your relationship today, right now, by putting into practice some of these tips for improving the communication in your relationship.

**1. Stop and listen.**

How many times have you heard someone say this or read this in an article about communication skills? How hard is it to actually do when you’re “in the moment?” Harder than it sounds. When we’re knee deep within a serious discussion or argument with our significant other, it’s hard to put aside our point for the moment and just listen. We’re often so afraid of not being heard, we rush to keep talking. Ironically, such behavior makes it all the more likely we won’t be heard.

**2. Force yourself to hear.**

You’ve stopped talking for the moment, but your head is still swirling with all of the things **you** want to say, so you’re still not really hearing what is being said. Laugh all you want, but therapists have a technique that works very well that “forces” them to really hear what a client tells them — rephrasing what a person has just said to them (called “reflection”).

This may upset a partner if you do it too much, or do it in a tone that suggests you’re mocking rather than trying to seriously listen. So use the technique sparingly, and let your partner know why you’re doing it if they ask — “Sometimes I don’t think I’m getting what you’re telling me, and doing this lets me slow my mind down a bit and really try and hear what you’re saying.”

**3. Be open and honest with your partner.**

Some people have never been very open to others in their life. Heck, some people might not even know themselves, or know much about their own real needs and desires. But to be in a relationship is to take a step toward opening up your life and opening up yourself.

Little lies turn into big lies. Hiding your emotions behind a cloak of invincibility might work for you, but won’t work for most others. Pretending everything is alright isn’t alright. And giving your partner the silent treatment is about as useful as a fish with a bicycle. In the desert. At night. These things may have “worked” for you in the past, but they are all barriers to good communication.

Being open means talking about things you may have never talked about with another human being before in your life. It means being vulnerable and honest with your partner, completely and unabashedly. It means opening yourself up to possible hurt and disappointment. But it also means opening yourself up to the full potential of all a relationship can be.

**4. Pay attention to nonverbal signals.**

Most of our communication with one another in any friendship or relationship isn’t what we say, but *how we say it*. Nonverbal communication is your body language, the tone of your voice, its inflection, eye contact, and how far away you are when you talk to someone else. Learning to communicate better means that you need to learn how to read these signals as well as hear what the other person is saying. Reading your partner’s nonverbal signals takes time and patience, but the more you do it, the more attuned you will be to what they’re really saying, such as:

* Folded arms in front of a person may mean they’re feeling defensive or closed off.
* Lack of eye contact may mean they’re not really interested in what you’re saying, are ashamed of something, or find it difficult to talk about something.
* Louder, more aggressive tone may mean the person is escalating the discussion and is becoming very emotionally involved. It might also suggest they feel like they’re not being heard or understood.
* Someone who’s turned away from you when talking to you may mean disinterest or being closed off.

All the while you’re reading your partner’s nonverbal signals, be aware of your own. Make and maintain eye contact, keep a neutral body stance and tone to your voice, and sit next to the person when you’re talking to them.

**5. Stay focused in the here and now.**

Sometimes discussions turn into arguments, that can then morph into a discussion about everything and the kitchen sink. To be respectful of one another and the relationship, you should try and keep the discussion (or argument) focused to the topic at hand. While it’s easy to get in the cheap shots or bring up everything that an argument seems to call for, just don’t. If the argument is ostensibly about who’s making dinner tonight, keep it that topic. Don’t veer off down the country road of who does what in the house, who’s responsible for child rearing, and by the way, who cleans the kitchen sink.

Arguments that do veer off tend to escalate and grow larger and larger. One party needs to make an effort at that point to try and de-escalate the argument, even if it means walking away from it, literally. But do so as respectfully as possible, saying something like, “Look, I can see this isn’t going to get any better by discussing it tonight. Let’s [sleep](http://psychcentral.com/disorders/sleep/) on it and try talking about it with fresh eyes in the morning, okay?”

# Communications In Intimate Relationships Philosophy Essay

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What makes relationships successful? What kind of process do we go through to create an intimate relationship? What are some of the problems we encounter during them and how should we go about solving those issues? The questions above are some of the subjects I am going to tackle in this paper. Relationships can be very rewarding if the good outweighs the bad. The success in an intimate relationship depends highly upon effective communication. There is not only one specific way for couples to communicate, because each relationship is different. It is important to know good forms of communication to improve the quality our relationships.

Date night is the movie I chose to compare my subject to a movie. In this movie, a couple is having

After being in a relationship for three years, I feel as though my relationship with my boyfriend is fairly successful. What makes a relationship successful? In my opinion, the following are important qualities of an intimate relationship: Friendship, love, respect, compassion, and passion among others. Friendship is a good basis for any relationship. I don't believe a couple has to start from friendship, but from what I have seen, it is important for a friendship to develop. While spending a lot of time together, it is important to have similar likes and interests, as friends do, to keep the fire going. Love is an obvious importance to an intimate relationship, because it is needed to endure the hard times of a relationship, as well as the easy times. Compassion is necessary when a person in a relationship is having a hard time and needs support; it is very important for a couple to support each other. Respect is very important to me, because I expect a mutual respect between my boyfriend and I to keep our boundaries set, and to keep us both happy. Our thoughts and opinions are important to each other. Every relationship has its own priorities in which different values are more important, as Anderson explains in more complex terms:

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"Personal predispositions of one person will interact with the intimacy displays of another to produce unique individual valences of the intimacy displays of their partner" (52).

The process to form a strong bond in a relationship takes a good amount of time. They differ couple to couple and take the different steps at different speeds. Floyd lists Mark Knapp's model of relationship development as the following: initializing stage, experimenting stage, intensifying stage, integrating stage, and bonding stage. The initializing stage is meeting for the first time (342-345). After the initial meeting comes the experimenting stage, which is where two people get to know each other through conversation (such as figuring out what kind of music, movies, and activities someone likes.) Next is the intensifying stage, which is when two people go from just having occasional conversations, to being closer friends. The intensifying stage may also include hanging out in groups of friends or only with each other. The integrating stage is when other people start to notice your relationship and that commitment has developed. The last stage is bondage, which is when a relationship is announced to everyone, and everyone acknowledges the two as a couple.

My last experience with the model of relationship development was quick. I met my boyfriend and four days later, we started dating. We got to know each other quickly, because we spent a lot of the summer together, directly after meeting, and we had many common interests. The experimenting stage occurred quickly, and we became closer friends in our quickly started relationship. The intensifying and integrating stage came pretty much at the same time. Everyone knew that we liked each other and were in a relationship almost right away. Bondage for us was very natural and everyone accepted us as a couple, and still does.

What are some ways to improve our relationships? Research says that for a satisfying relationship, there should be five positive behaviors for every one negative and that unsatisfying relationships have only one positive behavior for every negative (Floyd.) In my personal relationship, my time together with my boyfriend is focused on forming at least five of those positive behaviors. Most days, we have many more than five positive behaviors for every one negative behavior, and I believe that does directly correlate with happiness in our relationship. Sorgen, on her WebMD feature says "It's the rare couple that doesn't, sooner or later, run into a few bumps in the road." According to Sorgen, to improve communication, couples should do the following: make time, set up rules, listen to each other, and make sure to argue in private if you can't keep your voice down. I feel like my relationship follows these guidelines. We make sure no matter how busy we are, we find time to spend together, and talk subjects out, if we need to. If we do get into arguments, we have rules, so we don't become too mean. We also try our best to listen to each other whether we disagree or not, and we definitely don't make a scene in public. Personally, being sensitive to another's emotions and feelings is important to do; that is a problem I have in my relationship. When he doesn't agree with what I am saying, he becomes rude. I am an emotional girl, and my feelings are hurt easily and he knows what to say to get me to stop talking. It would help us a lot if he would calm down when I get emotional, and talk calmly instead of getting angry. This would prevent us from saying words we don't mean. Sometimes, when I am emotional for a serious reason, he fails to take my emotions seriously, and says something to upset me more. "Why do we become emotional when we do? The most common way in which emotions occur is when we sense, rightly or wrongly, that something that seriously affects our welfare, for better or worse, is happening or about to happen.." (Ekman 19.) Although my boyfriend may be somewhat emotionally insensitive, he does apologize afterwards if he hurts my feelings, which means a lot to me.

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Compromise is important in relationships also. It can never just be about one person, or it is a one-road relationship that is bound to fail. According to Floyd, it's important to emphasize excitement and positivity, handle conflict constructively, have realistic expectations, and manage dialectical tensions (362-367.) For my boyfriend and I, we try to be spontaneous and do things out of the ordinary on a regular basis; that emphasizes excitement. Just like in Date Night, when Phil and Claire Foster have problems because of having the same every day routine, romantic relationships may have problems when things are the same every single day. When they are chased and almost killed after being mistaked for thieves when they took another couples reservations at a restaurant. After all the excitement of being chased and almost killed, their relationship was much better because they appreciated each other much more after all the excitement. A change in a mundane schedule sometimes can help to get away from relationship problems. We also try to thank each other for things that we do just to make each other happy, so that both of us know we appreciate what we do for one another; that emphasizes positivity. Handling conflict constructively is the most important, because there is conflict in every relationship that I have seen and if conflict isn't handled constructively, it could obviously lead to an unhealthy relationship. Realistic expectations help to keep order in a relationship. You can't expect a person to completely drop his/her life to be with another person. There has to be balance in the relationship for it to be fair. Managing dialectical tension is dealing with two opposite needs (Floyd 366). Another way to help a relationship is to accept the person for who they are and not to try to change who they are. You should love a person for who he/she is, and if you can't accept that person for who he/she is, you shouldn't be in a relationship with him/her (Sorgen).

In this paper, I explained what makes a relationship successful, and what can be done to make a relationship better. Every couple's relationship is different and there is not one way to go about handling a relationship, or its problems. Make sure you love, respect, and show care for the person you love, and try to understand each other's opinions and beliefs, even if you don't exactly agree with your significant other. Work Cited

The success of any relationship relies on the ability to communicate well. Communication is important in all relationships as it allows us to share our interests, concerns, and support of each other. It helps us to organize our lives and make decisions; and it allows us to work together. Effective communication is based on the way we talk and listen, how we respond as well as our body language. We can all learn how to improve the way we communicate because it takes more than words to create a safe, exciting and secure relationship. All too often the signals we send are not those we intend to send, and when this happens, both the connection and trust are lost in our relationships.   
When we communicate, we can say a lot without speaking, through our body, our posture, tone of voice and the expression on our face all display a message. If our feelings don’t fit with our words, it is often the body language that gets heard and believed. Nonverbal communication is a rapidly flowing interactive process. Being aware and understanding the cues you may be sending along with the cues others send and pick up from your body language, may not be showing what you are really trying to communicate to others at that moment.   
Given how much time my family spent together growing up, you would think that we would have learned to talk to each other somewhere along the way. And although some families that have learned to talk, listen and respond to each other, my family still demonstrates it Laissez-Faire communication style. My family was always quite dysfunctional when it came to communications, or at least it seemed that way every time my mother remarried. After my mother’s first marriage, I was termed an only child after the passing of my little ...  
  
  
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...formity, because the only thing in life that is constant is change.   
I have been shown over the years through my mother’s relationships as well as mine, that poor communication not only arises from the communication styles of the people involved, but from the family’s joint experiences, beliefs and expectations. Poor communication in today's family can also arise from structural and external problems such as the continual loss of jobs that has pushed my family, as well as others into financial distress and made our lives precarious. Even the families that are not facing such immediate stresses as how to get health insurance without a job, or pay the rent without an income, there are a number of stresses that are endemic in our society, including the fact that the rules governing family structures and responsibilities are far more complex than they need to be. 

Communication has a major impact on all relationships. Without communication, a relationship has no chance of lasting past its prime. Talking things over with your spouse is the easiest and most efficient way to keep a long-lasting, healthy relationship.   
  
Communication instills lots of trust in any relationships. It is difficult to know how someone feels if they refuse to communicate how they feel. Communication is based off of four main aspects: considering your partner’s point of view, don’t point blame, taking criticism gracefully and listening.  
  
Taking into account your partner’s point of view in a relationship is a good step towards having a healthy relationship. Being one-sided in an argument or conflict will cause problems. If you are only one-sided, it gives your partner the idea that you are hiding something. One problem that arises is accusations being thrown around without knowing really what are true or not. Accusations then lead to trust issues because your partner will probably think that you are doing what they accused you of and therefore can’t trust you.  
  
Pointing blame in an argument or any situation is a bad move in a relationship. Blaming the other person always makes them worse off even if it is your entire fault. Doing so will only make the situation at hand more complicated. If you can take the time to hear out their point of view, maybe a conclusion can come about to help resolve the problem on mutual terms. The other person will more likely listen if they are heard themselves. Pointing blame may to may cause past problems to resurface.  
  
Typically when someone is criticizing you or your actions it is very easy to become defensive. Although criticism is hard to stomach at times, it is important to take what the other person has to say and improve on it. Take the criticism with an open mind, and leave all anger and bad feelings somewhere else. If you are able to take criticism easily, then you are more likely to come to a...

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