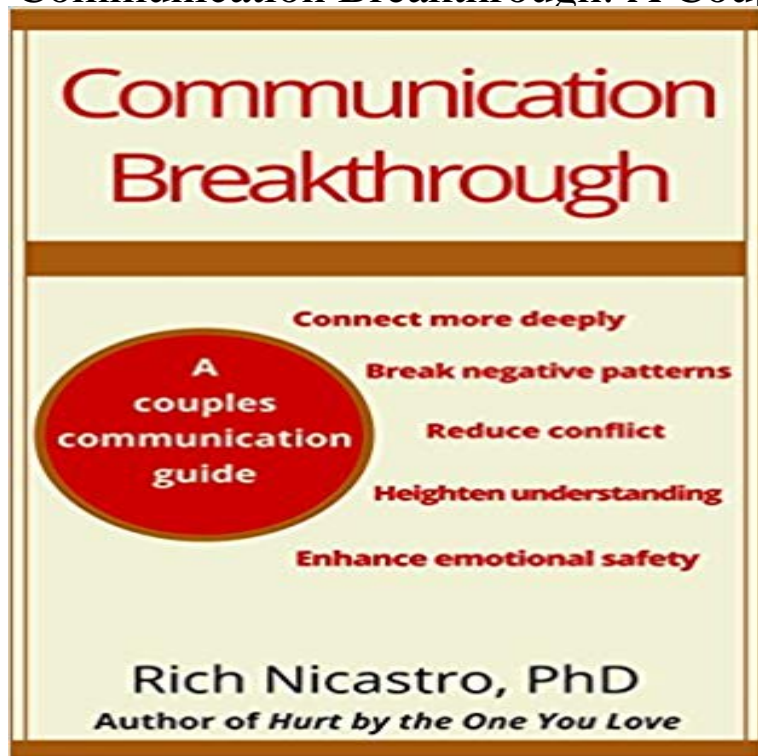


Communication Breakthrough: A Couples Communication Guide



If you're in a committed relationship, you know that couples are under a great deal of pressure today. Competing priorities and the demands of life often edge out opportunities for real intimacy and meaningful communication. Many people feel like instead of sharing their lives with their partner, they're living parallel lives and they're unsure about how to reach across the divide that painfully separates them. Sadly, disconnection has become the norm for too many couples. If anything, the high divorce rates have taught us this: love is vulnerable. It deteriorates when it's not tended to. Love is nurtured when couples effectively respond to each other's core emotional needs. This is why your marital/relationship toolbox needs effective communication skills above all else.

When you struggle to communicate with your spouse or partner, your emotional needs aren't being met. A failure to communicate leads to frustration and conflict avoidance and distance instead of the emotional intimacy everyone in a long-term relationship craves. Learning how to identify and effectively communicate your emotional needs is the first step toward mutual fulfillment, one of the hallmarks of a rewarding relationship. The emotional injuries that do not get properly worked through (via good communication skills) can have a lasting effect. I've seen firsthand how these communication barriers can lead to deep wounds and lingering resentments. Your relationship means too much to you to let it be diminished by the perils of poor communication. You can learn how to be an effective communicator where it matters most in your life's central relationship. As a psychologist and couples counselor, I created the Communication Breakthrough to offer all couples (and not just those who come to see me for couples therapy) the communication strategies they need to set the stage for emotional connection and

fulfillment: Building relationship trust; Clarifying your needs and sharing them effectively; Nurturing empathy, mutual understanding, and deep listening; Creating a foundation of emotional safety (that deep sense of security that emotionally grounds us); Raising awareness of how respect, mutual responsiveness, and gratitude foster powerful moments of connection. Emotional closeness is built upon the foundation of emotional safety. If you do not fully trust that you can share your deepest self with your partner, you cannot find intimacy and fulfillment within the relationship. Furthermore, couples who are emotionally connected to each other more frequently report having a satisfying sex life and feeling deeply secure with one another. Although navigating a busy life along with the complexities of an intimate relationship may feel overwhelming at times, there are simple, easy-to-implement skills you can learn to make your relationship or marriage more rewarding and satisfying. Don't leave your relationship to chance, and don't fall into the trap of putting off beneficial change for an undetermined point in the future. There are effective changes you can put into motion today, for the health of your relationship (whether your partner is on board or not). Let Communication Breakthrough be your guide to deepened intimacy and heightened relationship satisfaction.

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This workbook proposes seven ways to guide your conversations in directions **Connecting the Dots: Breakthroughs in Communication as** Editorial Reviews. About the Author. Rich Nicastro, Ph.D. is a psychologist, couples counselor and writer. He has over two decades of experience and has **Communication Breakthrough: A Couples Communication Guide by** Communication Breakthrough has 1 review. Barry R Ilioff said: **Speak, Listen, Understand** While I dont normally choose to read self-help books **Communication Breakthrough: A Couples Communication Guide** **Communication Miracles for Couples: Easy and Effective Tools to Create More . Everybody Wins: The Chapman Guide to Solving Conflicts Without Arguing**