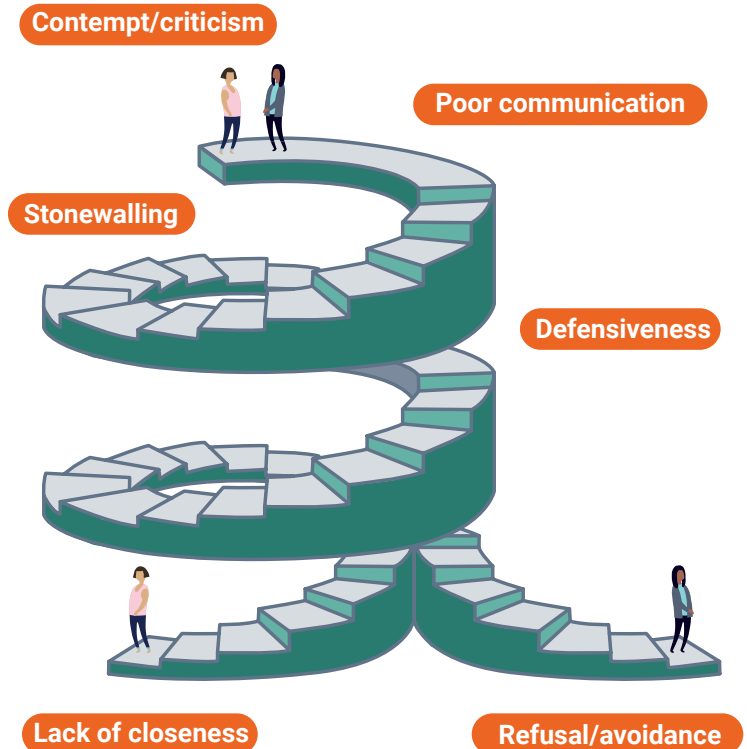


# Getting on Better (2024)

Better communication



- ➡ The downward spiral.
- ➡ Some types of behaviour can increase the risk of relationship difficulties.
- ➡ Flip the card to learn more.



# Better communication

	What poor communication looks like:		How you can protect against it:
Criticism	<p><b>Criticism</b> isn't the same as complaining. It's a direct attack on your partner. <i>"You only think about yourself."</i></p>	<p>If these happen a lot, things can spiral out of control, and you may find yourselves going your separate ways.</p> <p>Do you recognise any of these behaviours?</p> <p>Here are some things you can do to protect your relationship against them.</p>	<p>Try starting a sentence with "I..." and asking for what you need. <i>"I was worried last night. I'd like it if you could text me when you're going to be late."</i></p>
Contempt	<p><b>Contempt</b> is when we are deliberately mean. We might use name-calling, or sarcasm, or roll our eyes to show we're not interested.</p>		<p>Focus on what you love about each other. Look for opportunities to pay each other compliments and do things together that you both enjoy.</p>
Defensiveness	<p><b>Defensiveness</b> is usually a response to criticism. We deflect blame onto the other person. <i>"I've been busy. Why couldn't you do it?"</i></p>		<p>Look at things from each other's point of view. Take responsibility and say sorry when you're in the wrong.</p>
Stonewalling	<p><b>Stonewalling</b> is when we get so overwhelmed that we shut down completely, blanking our partner, or walking out of the room.</p>		<p>Be good to yourself. Take some time out to do something relaxing and enjoyable.</p>