



Three Simple Secrets to Transform Your Communication

By Neil Sattin - <http://www.neilsattin.com>

Relationship/Couples coach and host of the Relationship Alive podcast

There is one universal problem that almost all couples have:

Lack of knowledge about how to communicate well -
especially about the things that matter to them the most.

When you can't communicate well - everything else breaks down. Less happiness. Less feelings of love and connection. Less feeling seen, gotten, or appreciated by your partner. Less sex. Less optimism about your future together. You get the picture.

And even though communication is a two-way street, I am going to teach you 3 important ways that you can improve the communication in your relationship - even if you're the only one doing them.

If your partner does these things too, it will of course be amazing - but I can tell you that many of my clients and students have experienced enormous shifts in their communication - and their relationship - by implementing these three simple strategies on their own.

Before we start, I also want to point out that in relationships, communication is only ONE piece of the puzzle. Through conversations with the top minds (and hearts) in the field, and through our work with clients, my partner Chloe and I have actually identified NINE key areas that are crucial to the success of a relationship.

I'll tell you more about that in a moment (at the end), but first - let's get down to the secrets of communicating masterfully in your relationship.

They might appear simple (and they are) - but I will explain them in more detail so that you can really GET how to use these secrets to make a difference in your life.

FIRST SECRET:

Presence

Before you say 'ok yeah I got it' - let's talk about presence, because I am probably defining it differently than you might think.

Presence is the ability to stay connected to yourself (and attuned to your partner) NO MATTER WHAT is going on. It is a profound skill that brings you into the moment with your partner - and the present moment is where all of the *magic* is. That's where the sparks of love, connection, and passion are. It's also where compassion, understanding, creativity, and playfulness live. So your ability to stay present, in the moment, is crucial to your ability to communicate.

Most people are totally present - until something negative happens.

This could be your partner saying or doing something that simply rubs you the wrong way - or it could be something that really hurts deeply. Or it could be that you are trying to communicate something - only to find that you have been misunderstood and are now on the receiving end of your partner's anger or frustration.

What happens in these moments? We get triggered.

And once you are triggered, then all bets are off. I can guarantee almost beyond a shadow of a doubt that the triggers that impact you or your partner are at the root of many, if not all, of the problems in your relationship. Because when you're triggered you're in some form of fight/flight/freeze - and completely unable to access the part of your brain that allows you to be loving, social, playful, creative, and curious. You know - all the abilities that you need to SOLVE A PROBLEM. They're gone, offline - until you come back into balance.

So **Presence is the also the skill of knowing when you're triggered and coming back into balance** - right then and there. Master this skill and you will completely transform your relationship. Guaranteed. That's where you should apply your attention.

SECOND SECRET:

A key question to ask yourself

(that will transform how you communicate about everything)

"Will what I'm about to say make my partner feel more safe in our relationship...or less?"

There is a core component to any successful relationship - and that is the level of safety that you feel. The higher the safety between you as a couple - the more everything else can thrive.

I'm not talking about boring, stagnant safety - I'm talking about a dynamic, alive safety that gives you the freedom to be fully you and alive in your relationship. The second our safety is threatened we...you guessed it...get triggered! And as we covered a moment ago there's basically no way to be your best once your system is defending itself against some perceived threat or hurt.

Which brings us back to the question "is what I'm about to say going to make my partner feel more safe with me - or less?"

You have so much power in HOW you communicate to affect the outcome.

Even if you have to communicate about something challenging, can you create a container of safety around it? Can you communicate about it while still letting your partner know that they are safe with you? That way your partner will have the best chance of knowing that no matter how tough the topic, you are still on the same team.

THIRD SECRET: Seven Words to Change Everything

The words come in the form of two *priceless* questions for you to ask your partner:

**Did I get it?
and
Is there more?**

Relationship communication so often becomes a rapid-fire back-and-forth (or one person speaking and the other person shutting down or tuning out). Let me show you why these two questions are crucial.

"Did I get it?"

Instead of focusing on your response to anything your partner has said, put your attention on finding out if you even heard them correctly!

How do you do this?

Mirror back to your partner what you heard them say.

You can start with a phrase like 'let me see if I got this...' So that they don't think you're mocking them.

Then simply try to repeat back what you heard them say. Some partners want the exact words - others want the gist - so experiment to see what works for your partner.

Then ask 'did I get it?' and see what happens. You might be surprised how frequently, at first anyway, you didn't even hear what your partner was saying.

What I'm teaching you here is part of the skill of active listening. And it's crucial. Here's why:

The biggest factor under your control that contributes to how well your partner listens to YOU and gets YOU is how much you are willing to understand and get THEM.

It's not the ONLY factor. But it's the biggest.

On to the second question: **Is there more?**

After ensuring that you actually did hear your partner correctly, this question is the one that proves to your partner that you really want to fully hear them. By giving your partner the opportunity to fully say EVERYTHING they need to say before you start responding, you are not only ensuring you have all the important parts of what they're trying to communicate - but you also are setting the stage for how you would like to be listened to as well. You are leading by example.

So that's it. If you implement these three simple secrets in how you communicate with your partner then you will notice big changes.

However, there's one more question worth asking: **Is the issue even communication?**

As I mentioned at the beginning, through our work with clients and conversations with the top minds in the field, my partner Chloe and I have actually distilled 9 key steps that contribute to the success of a relationship. And improving communication, while important, is only ONE of the key steps.

You already know one more of them - the very first key step (that comes even before communication) is: Presence.

And there are seven more keys to unlocking the power of your relationship. What you're capable of, what your partner is capable of, and what the two of you can create together.

Chloe and I have put together a free webinar to teach you exactly what all the steps are - so that you can know exactly what's holding you back in your relationship (and, also, where you're doing well). It's called '**The 50-minute Relationship Breakthrough**' - and it is free for you to check out.

Here's a link for you to register: <http://www.neilsattin.com/webinar> - and once you register you'll have instant access (just make sure that you actually WATCH it).

Congratulations on taking action to improve things in your life and relationship! I look forward to hearing about the impact of these three secrets as you put them into practice.

All my best,

Neil
neilius@neilsattin.com

<http://www.neilsattin.com>