

Cultivating a Better Relationship through Communication

Enjoying a strong relationship with a partner can be one of the greatest gifts in life. Most people would agree that having a good family or partnership is an important part of a more satisfying and fulfilling life. For many Australian couples who value their relationship it can be unsettling to see poor communication, conflicting expectations and lack of understanding slowly tear apart the special bond they once experienced.

There is hope for couples going through relationship problems. Healthy relationships don't just happen by chance, to flourish they require new skills, hard work and commitment. To keep their partnership alive and developing, it is important for couples to invest in the skills that will strengthen their relationship. Most people aren't aware that they can easily learn the communication skills that cultivate happier and healthier relationships. Some good advice for couples is from Relationship Australia's "Twelve Tips for a Great Relationship":

- Spend time together – make your relationship a priority
- Make room in your relationship for differences and value them.
- Try not to judge, criticise or blame each other.
- Talk to each other – your partner cannot read your mind, be clear about what you want to say and listen carefully to your partner.
- Be attentive and romantic – remember how it was when you first met.

Beginning in August, Alpha Counselling will be offering an opportunity for couples to strengthen their relationship through a short course (10 hours over 5 consecutive Thursdays) focusing on practical communication skills and creative solutions to common problems. For more information, please contact 9874 9711.