

# ENSURING YOU'RE HEARD:

## Communicating Effectively Without Misunderstandings

Being heard and understood is essential. But did you know that up to 90% of our conversations are misunderstood? We have some influence over that!

Miscommunication often happens when we assume our partner is on the same page as us, only to realize later that they didn't hear us the way we intended.

You want to focus is on making sure your partner really gets what you're saying, helping to eliminate frustration and build a stronger connection.

**Four-step process** to create a conversation where your partner is not only listening but also understands what you're saying.

### 1. CHECK THEIR READINESS

Before diving into a conversation, make sure your partner is ready to listen. This step is crucial in setting the stage for successful communication.

**Example:**

- "Is now a good time to talk about the kids' schedule?"
- "Can I share what I'm thinking for this weekend?"

### 2. SHARE ONE DETAIL AT A TIME

To prevent overload and ensure clarity, break down or chunk your message into one detail at a time. This keeps the conversation focused and allows your partner to process each point before moving on.

**Example:**

- "You know the kids's practice at 5?" PAUSE
- "I'd like to switch our evening plans for that. Can I tell you more?"

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### 3. USE CLARIFYING QUESTIONS

After sharing, use questions to confirm that your partner understood you correctly. This step helps catch any misunderstandings early on and keeps both of you on the same page.

**Example:**

- "Ok, so what's our plan then about [insert key concept]?"
- "How do you feel about what I'm saying?"
- "Was that too long of an explanation?"

### BONUS: ASK FOR FEEDBACK

End the conversation by asking for feedback on how you communicated. This not only helps you improve but also ensures your partner has fully grasped what you've shared.

**Example:**

- "Could I have explained that any simpler? I'm trying to work on my concise messaging."

## TIP: DON'T FORGET THE DAILY DOUBLE

Continuing with your Daily Double will make these conversations smoother and more productive. The small, consistent actions you've been practicing build a foundation of goodwill, making it easier for your partner to engage with you.