

## Day 4

Hey there, welcome to day four of your seven day relationship reboot. Now today we're diving into something that's really important and it's making sure that when you talk that your partner actually hears and understands you. Miscommunication is actually one of the biggest hurdles in relationship. And believe it or not, it's early.

But 90 percent of our conversations are misunderstood. It's almost like the very first time when you whisper into somebody's ear when you're playing that telephone game, that the mistake happens there. 9 out of 10 times. If you're trying to tell someone something that they're not going to actually get the message that you're saying, you can research it 90%.

Don't worry, I'm going to help you improve the odds so that your partner is going to have at least a better understanding of what you're thinking and feeling. So again, like yesterday, there's a very first step that is to check your partner's readiness, right? We want to make sure that we're interrupting the movie that they actually are going to change the channel.

And start to listen to what we're about to tell them. So let's ask our partner if they're ready and set ourselves up for success before we dive into the message. So ask them if it's a good time. And again, you might say something like, is now a good time to hear about what I want to do with the kid's schedule, or can I tell you what I'm thinking about for this weekend?

Now, this simple step, make sure that they're available to engage. Now, the second thing, and this is huge. This is still working edge for me. And a lot of the women that I work with, I don't think you can master this in seven days, but it is a really good start. It's sharing one detail at a time, right? If we go on and on for 10 minutes, it is guaranteed that 90 percent of what we said isn't actually going to be really considered.

So if we want our partners to consider what we're saying, we can still say lots of words. We just have to share one detail at a time. So you want to keep your message concise by sharing one detail at a time. And I'll give you some examples. This helps prevent like information overload, right? And it keeps the conversation focused.

For instance, you can start with So you know that kids have practice tonight at five o'clock, and then you're going to wait just to see a sense of recognition or something in their, you know, um, well, I'd like to see if we can switch the evening plan for that tonight. Okay, so I'm pausing again, just to make sure they have a moment to process or to ask a question or even say, 530 and you're like, Oh, yeah.

Okay, that's, that's right. Let me recalculate, recalibrate, whatever that word is, right, to make sure that we're on the same page. So we're gonna make sure we don't jump around too much, which is really challenging for us. Stay focused on making sure that they're following along with you. Now, the third thing that you want to do is use some questions to make sure that they got what you were saying.

And here's where it gets fun and effective because you can really check to see what they're hearing and you can try to use one of these questions and this will be on the handout too. Okay, what did you hear when I said, It's after school, right? But the concept in there, for example, what did you hear when I said plans for this weekend?

You can chat tell. Remember, if you're working on that other side of the continuum in the framework, you can really quickly understand that they weren't listening to what you said, because

when you said weekend, they said, Oh, you're probably, we're What Nick thought, Oh, she's probably going to make me do all of these things.

And then I don't have time to work on my project or I can't go golf or I can't talk to my friends, whatever it might be, that might be what they're thinking. So when you say, what did you think were here when I said weekend? Well, that we're going to have to do chores all weekend. No, honey, let's start over.

That's not what I said. Right? So this question helps ensure that the message was received. So that one is what did you hear when I said weekend? What did you hear when I said chores? It's going to give you a really good sense of what's going on on that other side. You might ask, what do you feel about what I'm saying or what I'm requesting?

And this one encourages your partner to express what they're feeling, express what they're thinking. And this might give you some insight about whether the message was heard or not. Because I think just saying, what did I hear feels very parental to, to us, you know, to a man or a woman, like what now, what did you hear me say?

I'm going to be like, what am I? Five years old. So you don't want to ask that kind of question. Another great option, especially if you're talkative like me is, was that too long of an explanation for you? Or do you need more information? Right. Um, I'll give you the bonus one at the end. How would, uh, maybe you would say, here's the, the one that I think is the bonus is how would you say that differently?

If you were trying to communicate that, like, how could you say that maybe quicker or differently, and this can help you gauge. All your communication styles are like different, right? And so the last thing then is that you want to wrap up this conversation with getting some feedback. Now, I put this as a bonus.

I don't know that you want to start this on day 4, but after you do some practice with this, you could ask them for feedback on your. Conversation style like how could I how could I have explained that simpler? I know that you like me to be more concise. So, um, or if you're if it's a little bit of a lighter touch, you might say I sometimes talk too long.

Can you tell me how you could say that in like one sentence? I know that you're really good at narrowing things down. And that's kind of a Um, a silly one, right? But this shows that you're not only open to improving, but it invites them to share their understanding and what they prefer in this kind of.

Exchange, right? So using these, these couple of steps can really transform your relationship. I have a couple that I was seeing and the husband said that his wife just slowing it down and allowing him to just. It's up with what she said was really helping him better understand because he would just zone out when she would talk for 10 minutes.

He felt like it was a month. What do you call that? Like a monologue. So we want to make sure that both you and your partner feel heard and understood. So today's challenge is to try out. One of these questions and see how they work for you. Chances are you're going to get another communication win. So I think you've got this.

Let's keep moving forward. If you didn't book your success call yet so that we can check in with how you're doing, because we're on day four, I would say, uh, find the link below. I know I put it in

today's email so that we can get on a call and evaluate what you've learned so far. So moving forward, keep making progress.

I'll see you tomorrow. Day five.