

## HOW TO TALK ABOUT YOUR RELATIONSHIP (*WITHOUT FEELING AWKWARD*)

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If you've read a few of our blog posts, you've probably noticed that we often encourage couples to talk to each other about their relationship. Feeling dissatisfied? *Talk about it*. An unresolved conflict? *Talk about it*. Want to be a better spouse? *Talk about it*. Honest, consistent communication about what's working (*or needs work*) in your relationship is vital to staving off complacency and strengthening your connection. But often, it doesn't come naturally.

How do you broach the subject without it feeling awkward, forced, or corny? If you and your spouse have often struggled with it or it's reflective of the season you're in, there are some simple things you can do to make talking about your relationship more approachable.

### **React to relationship-focused content.**

Books, blogs, podcasts, movies, shows, you name it. Watch, read, or listen, then come together to discuss your thoughts and reactions. What did you think? What were you reminded of? You'll start out talking about the episode/post/film, which makes an easy segue into relating it to the context of your own relationship. Since we often perceive things through our own lens of experiences, your reactions to the piece of media may spur insights that help you understand yourself and your spouse better.

### **Observe other relationships.**

We learn from those around us. Notice the ways your parents interact, and then think about your own interactions with your partner. Pay attention to the dynamics of others' relationships, it causes you to become more aware of your own. Sharing observations of others' relationships is less intimidating than jumping right into discussing your own, which is a natural next step to make. The key here is to avoid getting into the comparison game. Instead, keep in mind that all relationships are unique – one is not necessarily better or worse than another, just different.

### **Make it an intentional habit.**

There's no rule that says the topic of your relationship has to come up completely organically in your everyday conversation, so lean into being intentional about it. At the end of every day or week, have a chat about what went well in your relationship and what could have gone better. If it's already penciled into your schedule, neither of you has to stress about how or when to bring it up. You might find that adopting this practice makes it easier to talk about your relationship at unplanned times, too.