

5 GOALS OF COMMUNICATION

Why make your partner guess?

Try letting your partner know which goal you are pursuing in a conversation. This will help your partner understand what you are looking to achieve when you engage them in conversation and what kinds of responses might be helpful.

1. Create intimacy.
2. Request feedback, support or comfort.
3. Tell a story, share experience.
4. Solve a problem.
5. Make a decision.

If you notice you still have trouble in communicating at times, try asking yourself: For each goal, what specific behaviors or statements do I want to receive from my partner? What will help me know that my communication is being received?

Share with your partner how you would like them to respond to you for each of the above specific goals.