stop doing?

S1069

Rescue Your Love Life Series #5

Outline

My Lover Should Read My Mind

If you have been passively waiting for your partner to read your mind, it's time to speak up! As James says, "You have not because you ask not." This is easier for some people than for others, depending on their experience in life. Dr. Townsend gives some great examples of effective ways we can share our feelings – as well as communication stoppers we need to avoid. You'll learn to express yourself in ways that work, practice putting your thoughts and feelings into words, and truly engage with your spouse.

Small group discussion questions:
1) In what areas of life am I being unclear, and expecting my spouse to read my mind?
2) What kind of attunement did I experience in my family of origin?

3) Which of the three communication stoppers mentioned am I guilty of, and need to