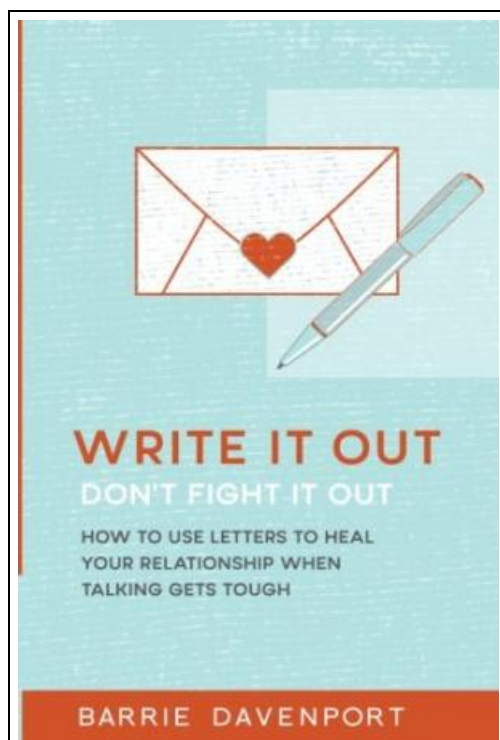


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Does communicating with your partner sometimes feel impossible? Do you wish you could just stop arguing and talk without defensiveness and hurt feelings? Are there things you want to say or ask but feel too uncomfortable or embarrassed? Sometimes communicating verbally can make a relationship issue worse rather than better, because things get too emotional or awkward. ** There are hurt or angry feelings. ** Someone clams up or walks away. ** Both of you feel misunderstood or unheard. You want to tell your partner you need more sex. You re super irritated that you re doing most of the chores. Your spouse s extra weight is turning you off. But how can you share these things without a big blow-up or meltdown? What can a couple do when conversation isn t working? You could try couple s therapy, but before you do, there s another way to communicate that s free, easy, and potentially life-changing for your relationship -- writing letters. When talking breaks down or gets testy, writing letters to each other is a highly effective way to communicate in your love relationship or marriage. Why letter writing? Letter writing allows you to slow down, consider your words, and articulate them in the spirit of love and kindness, even with the most difficult and painful situations. Writing your feelings and needs in a thoughtful way sets the tone for healthier dialogue, as you can bypass hurtful words and angry reactions. You can use a letter to initiate a verbal discussion on a sensitive topic (like sex or money) without the intense emotions that can arise with face-to-face conversation. Letter writing is a transformational process that helps build intimacy, resolve conflict,...



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