
THIS LESSON: THE "TAKE 2" COMMUNICATION METHOD
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>Helping You Find and Make Great Relationships
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Personal service in a professional manner
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Hi {!firstname}!

We have all had times we've put our foot in our mouth. We knew we had messed up, but it was a little too late. And, most of us have gotten bad reactions from our partners when we thought what we said was ok. There is a way to handle both of these situations that will not only prevent things from getting worse, but will actually promote the relationship. You will find this technique in this relationship lesson.

If you need more help than this lesson can provide, look for my special offer at the end of the lesson.

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FEATURED ARTICLE: THE "TAKE 2" METHOD FOR IMPROVING COMMUNICATION

DID YOU EVER say something to your partner that just didn't come out right? It was harsher than it needed to be? Destructive rather than constructive? Do you have a partner that just doesn't know how to talk nicely or often puts things in a way that just makes you cringe emotionally? I'm talking about those times when our emotions put too much emphasis on our words. Or make us treat our partners like they are not the most important people in the world to us (which they are, right?).

ALTHOUGH THESE INITIAL WORDS may be hurtful or destructive, there is a way to take them back and make the situation come out right. I call it the "Take 2" method. You know how when actors mess up their lines, the director says "cut" and then they do another "take" (shoot the same scene again)? They may have to have a second take or a third or maybe even 20 takes or more! They keep trying until they get it right, and the only print the last take.

All the messed up earlier ones get thrown out (or saved for the blooper reel).

EVEN THOSE WONDERFULLY ROMANTIC ACTORS, that so many people admire, often can't say things right the first time. And this is after someone has it written down for them. How realistic is it, then, to expect yourself or your partner to say the right thing every time, all the time? 0% reality. We are going to put our foot in our mouths, our employees are, are supervisor's are, our kids are, our president will too! Nobody gets it right every time and we need to have a way to "take 2".

LET'S IMAGINE THE SITUATION where your partner says something to you like this, "I get tired of listening to you complain all the time." That kind of remark is probably honest but hits us in a way that will tend to make us defensive. If you have been working with a relationship coach, then you will know well how to handle this kind of comment in a positive way. But, let's pretend that you don't (that will help you to understand your partner's point of view).

AFTER MAKING THIS REMARK,

"I get tired of listening to you complain all the time,"

YOUR PARTNER REALIZES his or her error and says to you--"Wait, that didn't come out well. Let me try that again (take 2)."

"I know you have some legitimate things to complain about. But, let's work together so we can both enjoy our conversation more."

WOULD YOU THEN BE WILLING to let the first comment go and accept the "second take"?

MOST PEOPLE WILL ACCEPT a replayed comment, whether they are your boss, your kids, or your partner. They can see you are trying and that you are human. You will often end up scoring points rather than losing them.

JUST SAYING YOU ARE "SORRY," probably won't have much impact on a lot of people. But the second take does. The next time you slip up (and if you are human, you will), say, "Wait. Let me try that again." And find a nicer way to say whatever it is.

REVIEW QUESTIONS/SELF STUDY

1. Negative emotions or just being tired can sometimes make us (or our partner) say things in a harsh way. True or False
2. A good thing to do when we realize we said something wrong is,
 - a. just say "I'm sorry."
 - b. Wait to see if your partner gets upset, and then blame him or her for being too sensitive.

- c. Just forget about it.
 - d. Immediately ask the other person if we can try again.
 - e. Say that you were "just joking."
3. Most people say things in a good way all the time. True or False?
4. How realistic is it to expect our partner to say the right thing all the time?
- a. 100% realistic.
 - b. 75% realistic.
 - c. 50% realistic.
 - d. 10% realistic.
 - e. 0% realistic.
5. If we don't know a better way to say things, then we should
- a. Blame our parents for raising us that way..
 - b. Give up on having good relationships.
 - c. Only be with people who are really patient.
 - d. Just say things in a bad way to people.
 - e. Learn how to say things to promote relationships.

APPLICATIONS FOR CLIENTS WHO ARE IN COACHING

1. Identify areas that are hard for you or your partner to talk about.
2. Practice with your coach at least 3 good ways to talk about that area.
3. Role play the "Take 2" method in case your communication doesn't come out in a good way.
4. Role play initiating the "Take 2" method when your partner doesn't say things in a good way.
5. Learn how to make your already "ok" statements even more effective. Most people say and do things at a level far below what they are capable of.
6. Make a list of times when you wish someone had used the "take 2" method to tell you something (a boss, parent, former partner, etc.).
7. Make a list of times when you wish you had used the "take 2" method for something you said (to your boss, parent, child, partner, etc.).
8. Practice doing a "take 2" with things that you say to yourself that are destructive rather than constructive.
9. Practice doing "take 2" with positive comments to make them better. "That's a nice dress." "Wait a minute, what I really mean is "You look really pretty in that dress."
10. Discuss this topic with your partner. Ask your coach about any

questions or problems that arise from the discussion. Remember that you are learning relationship skills first, and then your partner learns from you. Be patient for the both of you.

DISCOUNT ON RELATIONSHIP COACHING

Act now to get 75% off your first month of relationship coaching--Special Trial Offer**

http://www.greatrelationshipcoach.org/introduction_to_relationship_coaching_offer.html

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Until next time,

Coach Jack