



## COUPLES MINDFUL COMMUNICATION

Mindful communication is about slowing down, seeking clarity and listening to understand. Mindful communication is about being aware of our assumptions and our unique perspective. It's about getting to a mutual understanding, calmly and efficiently.

1. Find a quiet space where you can sit opposite one another without being disturbed.
2. Start by relaxing and feeling at peace, ready to communicate, speak and listen.
3. As one person begins speaking (about anything) mindfully listen. Invite your full attention to the words, tone, and language they use.
4. If your mind begins forward planning or jumping to conclusions, preparing to respond say to yourself ***"I'm listening right now"***. And let that thought or assumption go. Continue to listen and maintain your attention on the speaker.
5. Consider your response to the speaker and mindfully deliver what you say. Articulate your response, reflecting you understand what the speaker has said.
6. Use pauses and relaxed breathing to be mindful of your pace, tone and emotional colouring of your language.
7. Take your turn as the speaker and repeat the process.
8. Finish by reflecting on the key takeaways of the conversation and notice how you are feeling after having a calm, mindful conversation.