



Clarity In Communications

Clarity in communications can be enhanced in a number of different ways. Here are some general suggestions to think about:

1. Think through what you want to say and how you'll say it, particularly if it's an important or emotionally charged message.
2. Let your partner know what your priorities are; try not to crowd in so many requests and instructions that it's difficult to grasp your key points.
3. Be concise. Long-winded discussions are more likely to confuse than clarify. On the other hand, being concise doesn't mean being simplistic or superficial. Don't leave out important information about your feelings or desires in order to be brief.
4. Don't talk at your partner. Give him or her a chance to respond and interact.
5. Try not to begin communications by criticizing or blaming your partner. Starting on a negative note puts your partner on the defensive and makes objective listening difficult.
6. Don't be afraid to put what you need to say in a letter if you're having trouble saying it face to face. Writing it down shows that you cared enough to take the time to say it carefully.
7. Ask for feedback from your partner to be sure you've been understood and to get his or her reactions.

HUMAN SEXUALITY, W. Masters, V. Johnson, R. Kolodny, 1992