

5 PROVEN STEPS TO STRESS-FREE COMMUNICATION

SEPARATION CAN BE HARD. IMPROVED
COMMUNICATION CAN HELP YOU TO BE HEARD.



Elevation

WITH MARIA PENTEK

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STEP 1

USE “I” INSTEAD OF “YOU”.

THIS IS VERY SIMPLE BUT VERY EFFECTIVE. USING “I” INSTEAD OF “YOU” CHANGES THE CONVERSATION FROM ONE OF BLAME AND FINGER-POINTING TO EXPLAINING YOUR OWN POSITION IN A SITUATION.

FOR EXAMPLE, TRY CHANGING “YOU’RE ALWAYS LATE” TO “I’D REALLY APPRECIATE IT IF YOU COULD TRY TO BE ON TIME BECAUSE I HAVE PLANS / NEED TO GET TO WORK”.

IMAGINE YOURSELF IN THE OTHER PERSON’S SHOES. HOW DIFFERENT DOES THAT FEEL TO YOU?

STEP 2

DON'T MAKE ASSUMPTIONS

A SIMPLE SENTENCE CAN MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE.

DEPENDING ON THE KIND OF DAY WE'VE HAD, HOW MUCH SLEEP WE'VE HAD, AND MANY OTHER FACTORS, WE CAN HEAR WHAT ANOTHER PERSON SAYS AS BEING:

- A GENUINE CONCERN
- SOMEONE LOADING YET ANOTHER PROBLEM ONTO OUR SHOULDERS
- OR ANYTHING IN BETWEEN.

IF YOU'RE UNSURE WHY SOMEONE IS SAYING WHAT THEY ARE SAYING, ASK!

***REMEMBER: DON'T MAKE ASSUMPTIONS ABOUT WHAT THE OTHER PERSON MEANS – ASK FOR CLARITY.**

STEP 3

BE CLEAR & GIVE CONTEXT

CONTEXT AND EXPLAINING YOUR INTENTIONS ARE CRUCIAL TO AVOID MISCOMMUNICATION.

YOU MIGHT TELL YOUR EX THAT YOU NEED EXTRA HELP WITH THE KIDS NEXT WEEK.

WITHOUT AN EXPLANATION AS TO WHY AND WITHOUT GIVING THE CONTEXT, YOUR EX MIGHT START SPECULATING ABOUT YOUR REASONS AND COULD WIDELY MISS THE MARK.

WE ALL MAKEUP STORIES WHEN WE DON'T HAVE ALL OF THE INFORMATION.

GIVING CONTEXT AND EXPLANATIONS ARE EXTREMELY HELPFUL – NOT BECAUSE YOU ARE REQUIRED TO EXPLAIN YOURSELF, BUT BECAUSE IN THE BIGGER PICTURE, DOING SO BUILDS UP TRUST WHICH FOSTERS BETTER COMMUNICATION. AND IF YOU GIVE CONTEXT, CHANCES ARE YOU'LL GET IT BACK!

***REMEMBER: BE CLEAR ON WHAT YOU WANT TO ACHIEVE FROM A CONVERSATION.**

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STEP 4

PAUSE – ASK FOR A BREAK IF YOU NEED IT.

IF YOU ARE HAVING A CONVERSATION WITH YOUR EX AND YOU FEEL LIKE IT'S GOING NOWHERE OR FALLING BACK INTO OLD, UNHELPFUL PATTERNS, IT IS PERFECTLY OKAY TO ASK FOR A BREAK.

IF YOU NEED 5 MINUTES ON YOUR OWN, ASK FOR IT.

IF YOU FEEL YOU NEED LONGER, ASK FOR THAT.

YOU COULD SUGGEST THAT YOU'D LIKE SOME TIME TO THINK ABOUT WHAT IS BEING DISCUSSED AND AGREE A TIME YOU WILL COME BACK TO THE CONVERSATION.

A BREAK IN THE CONVERSATION IS BETTER THAN CONTINUING AND GETTING NOWHERE.

STEP 5

AGREE ON WHAT HAS BEEN DECIDED.

IT'S IMPORTANT TO BE CLEAR ON WHAT YOUR UNDERSTANDING OF A DECISION IS.

IF THERE ARE A LOT OF DETAILS THAT HAVE BEEN WORKED OUT, WRITE THEM DOWN ON A PIECE OF PAPER. OR EMAIL OR TEXT THEM TO EACH OTHER.

THIS CAN AVOID ANY CONFUSION OR MISUNDERSTANDINGS.

DID YOU FIND THESE 5 TIME TESTED STEPS TO STRESS-FREE COMMUNICATION HELPFUL?



Then I'm sure that you will get incredible value from my private community.

ELEVATION INNER CIRCLE

Hi, my name is Maria and I have created a community designed to lift you from the burden of separated parenting. Where you will learn to communicate more effectively with your ex-partner.

This community is for women who are going through separation or post-separation and need help and support with the day-to-day communication with their ex-partner.

If you would like to learn more, or are ready to join this community of women who are there to support you then simply click on the link below.

I look forward to seeing you inside.

Yours Sincerely,

Maria Pentek.



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