Communication Problems in a Relationship

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**Introduction**

 It is quite natural that almost every couple tends to have some moment in their lives in misunderstandings. The matter of fact is that each relationship has its ups and downs. The successful couples are the ones that learn on their own to sort things out and try to understand each other even if they are in their worst times. Although, there are a number of reasons due to which a couple may experience some emotional problems, one of the most common problems that come to account is the poor communication between a couple. One thing that must be taken into consideration is the undeniable fact that all problems in a relationship stem from poor communication (Lavner et al., 2016).

 It often happens that a relationship works well at the beginning, but right after some time, arguments starts to develop between the two individuals. The reason for that is quite simple that the interest of one starts getting off as he/she may start dividing their attention from the partner. There is a high need for the ones involved in a relationship to understand that they cannot communicate while watching TV, or using smartphones. Although technology tends to provide a wide number of vital benefits for the humankind, on the other hand, it tends to create some sort of communication barrier among the individuals (Drago, 2015).

 There are certain ways in which the problem of poor communication can be sorted out. A couple in order to solve the problem can go for making an actual appointment with each other. The most common issue that makes a couple far from each other is the distraction they get from the third party. However, there are possible ways to solve this problem, and some of them are to put the kids to bed, make sure your cell phone is on vibration (Drago, 2015). The outcomes of this will result in not having any sort of distraction while the couple is spending quality time with each other.

 It often happens that a large number of people find themselves not comfortable when they speak in a light tone. In such a scenario, the couple shows hesitance towards themselves for expressing themselves which results in some barrier for both of the partners. Another common mistake that most of the couples do, and which results in poor communication between the individuals is that they do not set any rules. It is quite necessary for a couple to set up a few rules in the relationship that can, later on, emerge as something helpful for them. The reason why the distance between partners starts to increase is that one tends to interrupt while other is speaking. Even if the partner is saying something wrong, the other should first listen completely before coming to any conclusion and interrupting in between the words.

 Body language plays a quite important role in communication. It is nothing, but the body language of a person that tends to give the confirmation to the speaker that the listener is listening. If someone wants to strengthen the communication in a relationship, then he/she is required to show a positive body language, and try not to doodle while having the communication. The matter of fact is that communication tends to require the full attention of both individuals. There is a high need to understand the availability of each other. One must assure the other that he/she is actually listening carefully, and he/she has an interest in the topic being discussed. The reason for that is quite simple that one showing no sign of interest ends up in ruining the entire communication, and the one on the other side starts thinking that the opinions, suggestions, or the entire communication of him/her has no value at all (Lavner et al., 2017).

**Conclusion**

 It is concluded that one of the toughest parts between couples is honest communication. There is no doubt that its the communication that paves the way to a healthy relationship among two opposite genders. In a number of scenarios, a communication mistake leads to the issues that destroy a healthy relationship (Overall et al., 2017). The matter of fact is that the couples who face the issues of communication are often seen to have an increasing level of conflict in the relationship. Apart from this, it often results in the avoidance that tends to increase the communication barrier even more. There is no doubt that high-conflict communication tends to focus on who is right. It does not work on finding ways to resolve things out. It is true that avoidance in communication tends to result in damaging the relationship.

 In the case where the couple tends to make a habit to avoid the difficult subject, the outcomes of this may result to permeate all aspects of their communication. In a nutshell, it can be said that it is the main reason why a number of couples drift apart physically and emotionally. There is no doubt that assumptions are considered to be the most common communication problem that is faced by the majority of the couple. The reason for that is quite simple as it is considered to be quite easy for making assumptions regarding the familiar person. Due to this, it becomes crucial to clarify questions. The matter of fact is that communication tends to require the full attention of both individuals. There is a high need to understand the availability of each other e.g., one must not disturb his/her partner while he/she is studying or working on something which requires proper attention.

 Although it is true that criticism can be constructive, but in that case, there must be the right delivery. There is no doubt that criticism can be hurtful and decorate trust. Therefore, there is a high need to carefully consider the way for the best expressing partner. In any relationship, it is considered quite important for being kind and honest with a partner. Each partner must be remembered for communicating the things he/she love and appreciate his/her partner. One thing that must be taken into consideration is that your partner is not something that you own. There must be some sort of distance and limitations during communication. One must not show dominance over his/her partner (Overall et al., 2017). There are certain ways in which the problem of poor communication can be sorted out. A couple in order to solve the problem can go for making an actual appointment with each other.

 Another serious comes to account when someone gets stuck to a single point and is not willing to accept the facts presented by others. Although, there are a number of reasons due to which a couple may experience some emotional problems, one of the most common problems that come to account is the poor communication between a couple. In case if someone finds himself obsessing on an issue, there is a high need for him to acquire processes or strategies for working through such issues (Pace et al., 2015). Apart from this, couples often face the issue of not being able to express themselves against their partners. It is quite important for saying what someone wants and needs from the relationship. There is no doubt that difficulties tend to arise in the case when individuals tend to expect their partner for having read their mind.

 One thing that must be taken into consideration is the undeniable fact that all problems in a relationship stem from poor communication. There is a high need for the ones involved in a relationship to understand that they cannot communicate while watching TV, or using smartphones. Although technology tends to provide a wide number of vital benefits for the humankind, on the other hand, it tends to create some sort of communication barrier among the individuals. In case if someone is having difficulty with verbal expression, or he/she gets upset, there is a high need for that person to write things down before discussing with the partner. There is a high need to understand the availability of each other. One must assure the other that he/she is actually listening carefully, and he/she has an interest in the topic being discussed.

 Apart from this, in most of the couples, it has been observed that they are not able to understand the viewpoint of the other person. The outcomes of this may result in creating some sort of distance between the two individuals (Pace et al., 2015). It is true that listening is good, however, there is a high need for each individual to absorb what the other person has said. It often happens that a large number of people find themselves not comfortable when they speak in a light tone. In such a scenario, the couple shows hesitance towards themselves for expressing themselves which results in some barrier for both of the partners. If someone wants to strengthen the communication in a relationship, then he/she is required to show a positive body language, and try not to doodle while having the communication. One must assure the other that he/she is actually listening carefully, and he/she has an interest in the topic being discussed.

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