Communication Problems in a Relationship

[Name of the Writer]

[Name of the Institution]

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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. 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).

**References**

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