

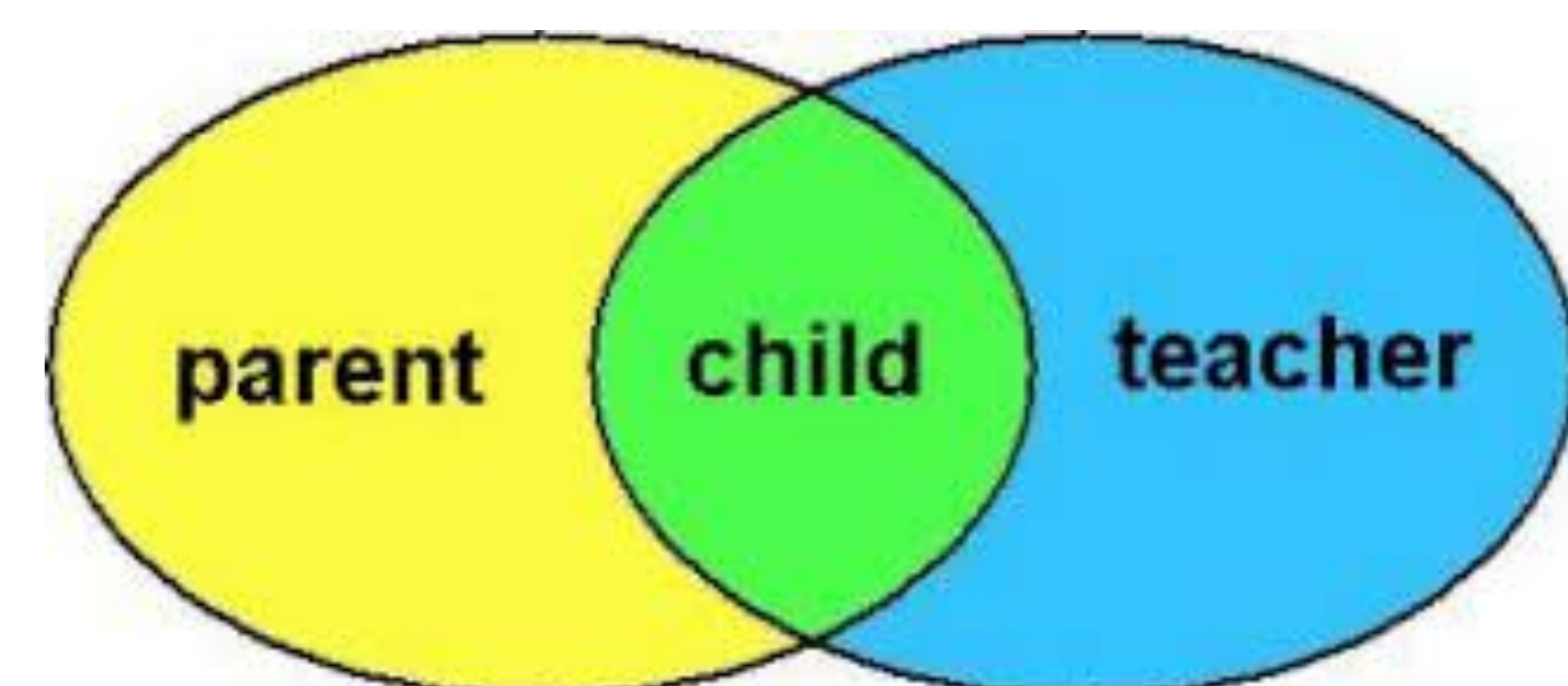
# Influences on Communication in Long-term Relationships

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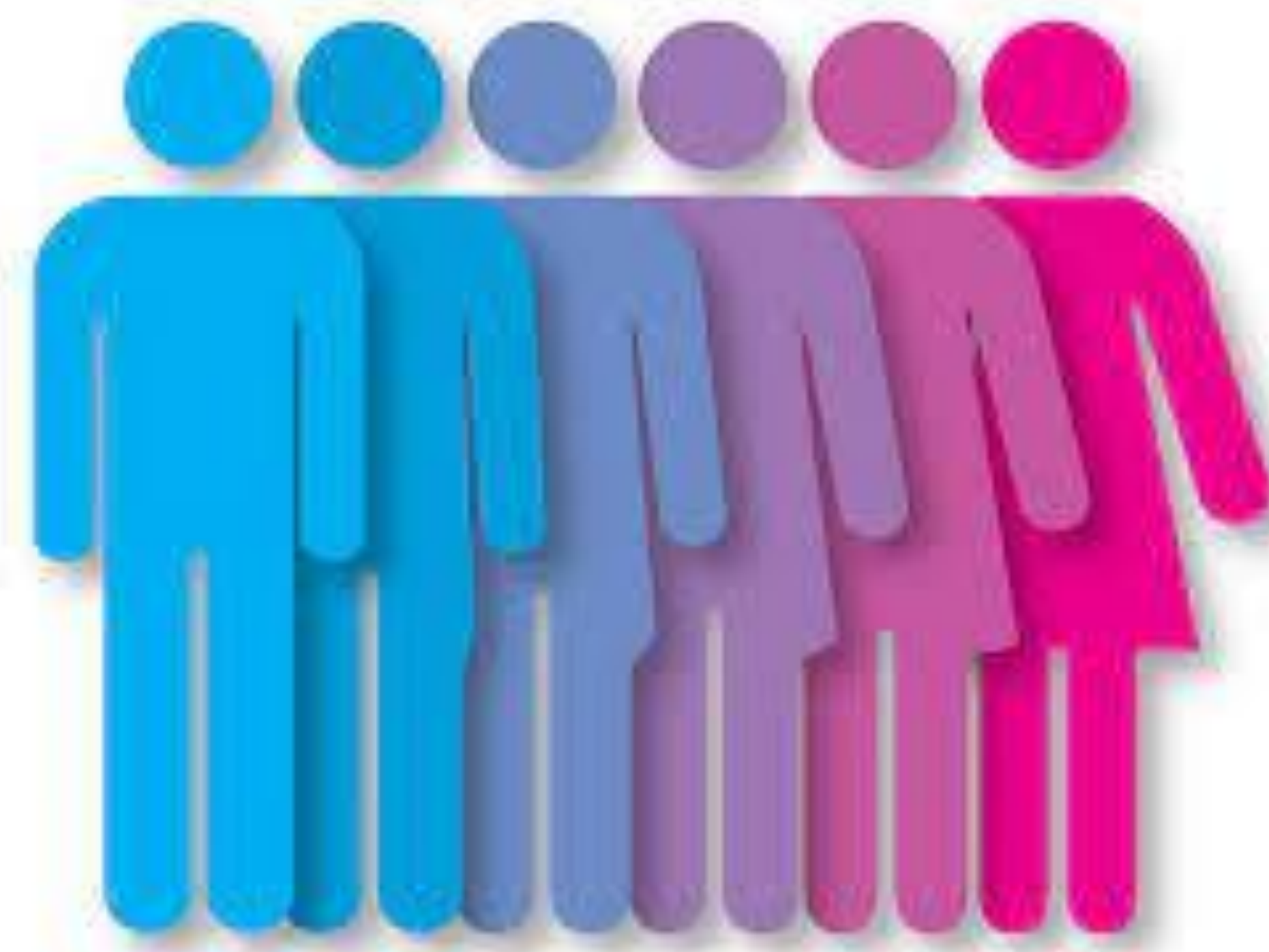
## Early Childhood Influences

- High quality communication between the parents and child should be done in an environment where the parent encourages their children's opinions and provides structure with decisions that are tolerant of different viewpoints.
- Teachers contribute to student relationships outside of school by being encouraging of the student's learning process and motivation.
- Students are encouraged to express their feelings through communication in an appropriate manner that is modeled to them through their teachers.
- Talking about emotional experiences can help a child to build a coherent body of knowledge about emotional expressions, situations, and causes.



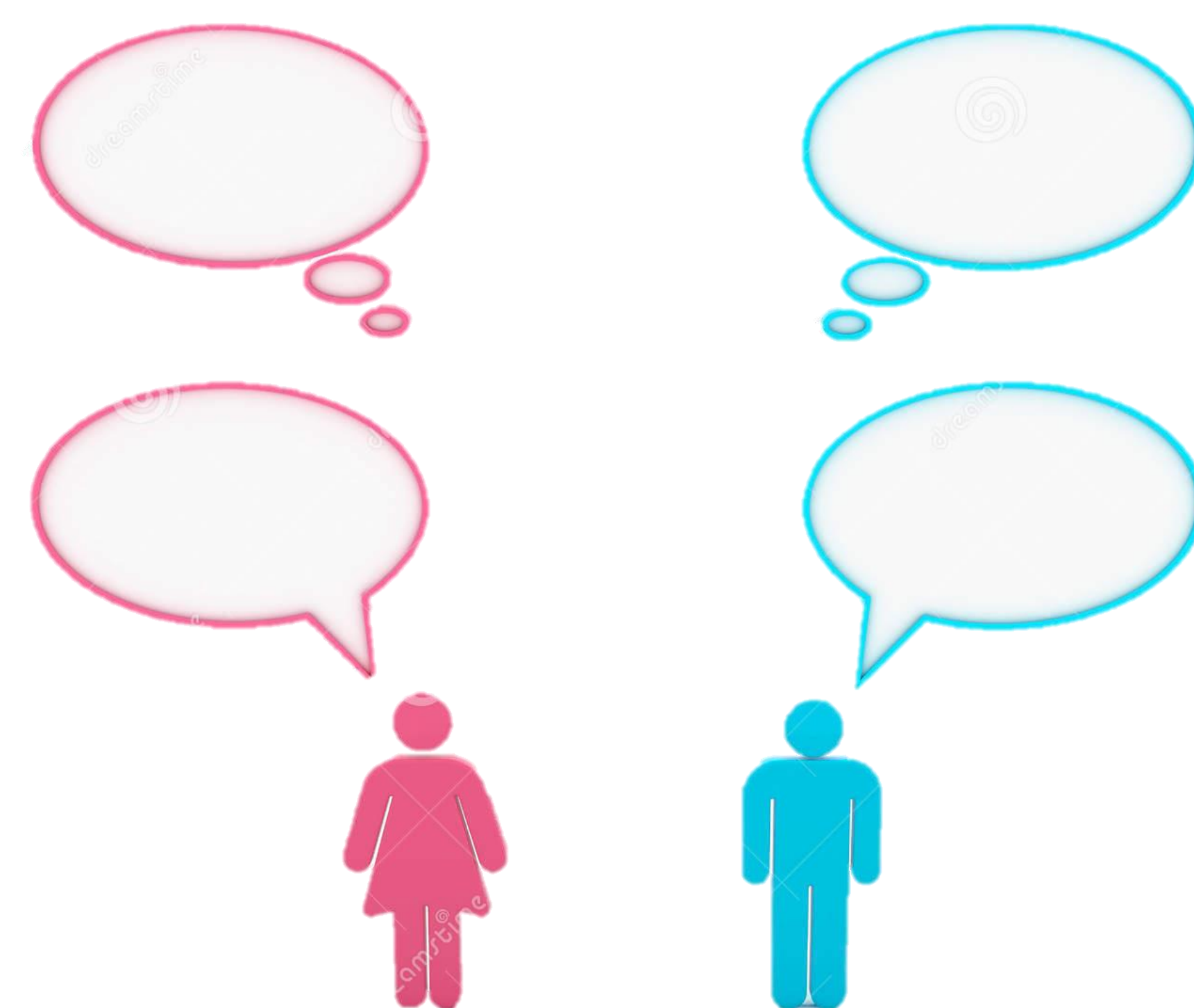
## Personality Traits

- It has been concluded that a person's personality predicts life satisfaction.
- A person's personality relates to their values, beliefs, and overall attitudes in life, so when a couple has differences in their values, beliefs, and attitudes, this can lead to conflict.
- Among the five big personality traits, emotional stability is most likely to be associated with positive relationship expectations.
- Openness was found to have the weakest and least consistent effects in relationships – meaning that the level of open-mindedness a person has does not play an important role in the relationship.
- Understanding someone's personality will help to influence the quality of the relationship along with the mechanisms of romantic relationship variation.



## Gender Differences

- Men tend to use language to give information instrumentally, whereas women use language to socialize without an underlying purpose.
- Women discuss their thoughts, emotions, senses, other individuals during conversations, while men typically have conversations consisting primarily of money, sports, articles, occupation, and preposition.
- By learning these expectations and differences between men and women, we are able to communicate better with each other and understand that these differences are what lead us to have different communication techniques.



## Warning Signs & Red Flags

- Warning signs may appear at any point in a relationship.
- Contempt is the act of directly insulting or mocking your partner's character.
- Demand-withdraw conflict occurs when one partner tries to discuss an issue while the other partner tries to avoid the discussion.
- Mutual avoidance occurs when both partners avoid communication and instead withhold feelings about issues in the relationship.
- These communication behaviors do not provide a setting where couples experience openness and use communication as a way to strengthen their connection; this can lead to current or future separation.



## How to Address Communication Issues

- One of the main issues that goes unaddressed in a relationship is that one or both partners just aren't communicating.
- The communication patterns in the relationship need to be discussed while trying to explore how both partners can improve the communication.
- Some questions to ask: "what do you think we do well when it comes to communication?", "how could we improve our communication?"
- People tend to ignore uncomfortable communication thinking that it will go away on its own, which is rarely the case.
- Friction grows when it is ignored; conflict is inevitable, the only way to resolve conflict is to speak about it together.



## Bibliography



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