

# **Six Critical Principles that Enhance Healthy, Respectful Communication**



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**[www.YourAmazingJourney.com](http://www.YourAmazingJourney.com)**

It's no secret: Your life feels so much happier when your relationships are flowing. Even challenges and setbacks don't throw you off track. Your outlook is filled with optimism. And everything seems possible.

The problem (and the questions you might be asking yourself) is: How do you make this happen in your life? Especially when everyone seems to enter relationships with their own baggage and triggers.

It's even harder if you've tried in past relationships but were still disappointed. But don't be discouraged, take heart!

The good news is: There are powerful things you can do to make your relationships flow more smoothly. So they support you instead of dragging you down. So they help you grow, instead of becoming stagnate. And so even daunting disagreements can be resolved more easily.

In my many years of working with people from all walks of life, I've seen these simple yet powerful ideas create hope, possibility and lasting positive change when none of those seemed possible before.

You are about to discover six powerful ideas that will start you on an amazing journey to create quantum changes in your relationships and your life.

So learn about these simple solutions for changing your ability to live, love and laugh more often, by just turning the page!

**Wishing you much success on Your Amazing Journey!**

*Joan Stenzler*

## Just Listen

***When you get quiet and just listen to others, they feel seen, valued and appreciated.***

*Which creates a strong foundation for building trust, harmony and a satisfying connection. Effective listening helps eliminate misunderstandings and reduces emotional upset and painful drama. Once you know how to really listen, you'll resolve potential disagreements quickly and avoid needless arguments.*



## Pay Attention

***Giving someone your undivided attention is a gift that keeps on giving. It helps them feel respected and appreciated and shows you care enough to hear what they have to say.***

*When others feel you are present for them when they're talking to you, it can help motivate them to pay closer attention when you're speaking.*

*When you feel appreciated, you become less defensive, more receptive to suggestions and resolving problems that used to baffle you. You'll enjoy yourself and feel more comfortable!*



*"Looking good!"*

## Practice Waiting

*Each of us needs to learn to wait our turn during a conversation. This is even more important if you disagree with what's being said. Keep your focus inside until the other person is done speaking.*

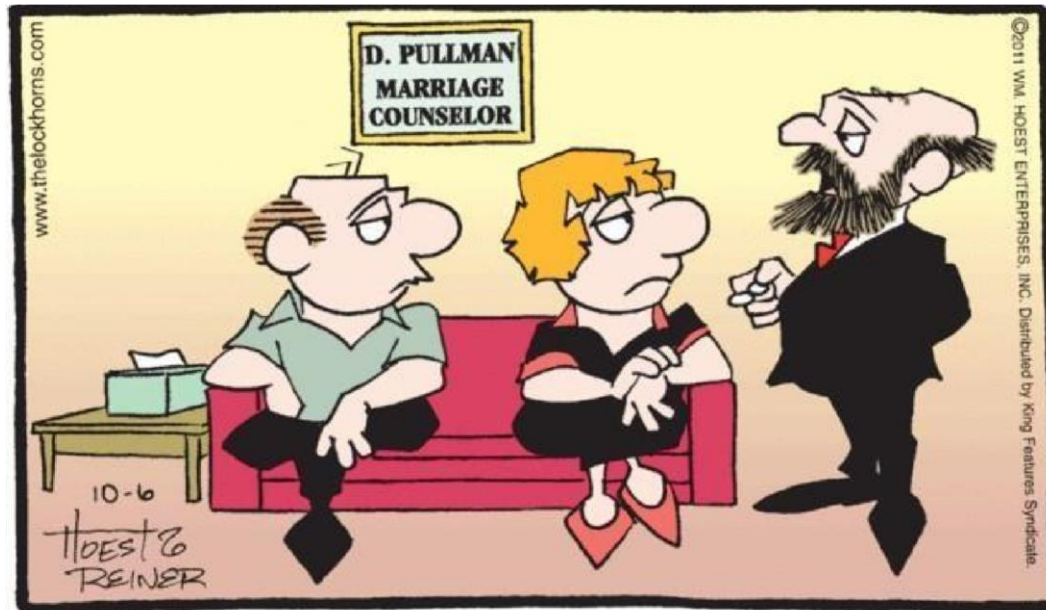




## Be a Straight Talker

***Be sincere when sharing your thoughts or responding to others. Do your best to avoid sarcasm or verbal jabs even if you feel provoked to do so. Instead, express how you feel in a direct and honest way.***

*Making a commitment to communicate directly rather than beating around the bush, allows you to communicate more effectively. Doing so helps your audience hear and understand you better, making it more likely they'll respond in a more satisfying way.*



**"NON-VERBAL COMMUNICATION IS GOOD ...  
ROLLING YOUR EYES IS NOT."**

## **Respect Differences**

***People have different ways of seeing things and yours is only one of them. When it's your time to share, keep the focus on yourself but respect the other person's right to feel differently.***

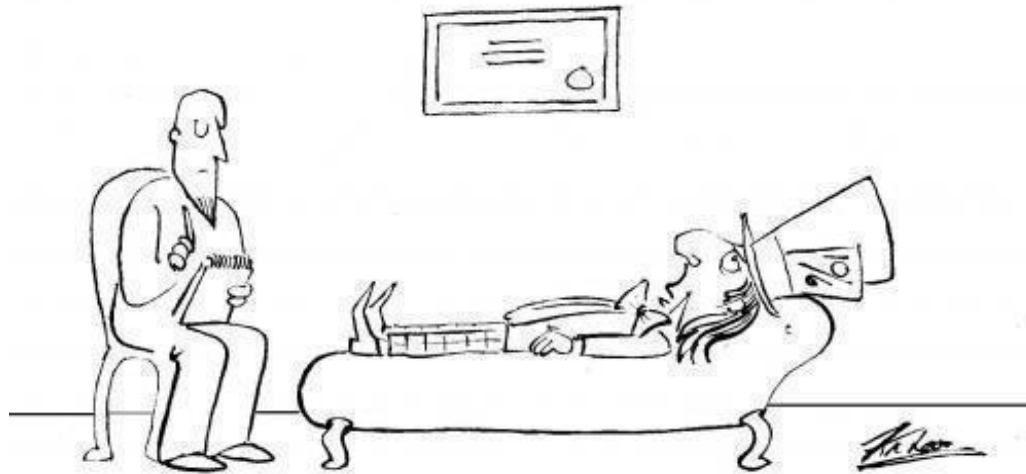
*When you create safe space for each person to have their point of view and not fear someone will try to prove them wrong, it can increase people's tolerance for one another as well as their willingness to listen, collaborate and find common ground.*



## **Check To See How You Can Be Helpful**

***When someone you care about asks to speak with you, to avoid confusion or miscommunication, check first to see how you can be most helpful to them***

*Are they looking for your feedback on the issue or do they just want you to listen?  
Figuring this out in advance can help to reduce conflict and misunderstandings.*



*"Apparently it's not normal to stuff your best friend into a teapot,  
and that's why I'm here today."*

***Has communication become more challenging for you lately? I can help!***

*Contact me to schedule a free phone consultation on improving communication  
or to receive a FREE copy of Your Personal Confidence Assessment.*

*I can be reached at [info@youramazingjourney.com](mailto:info@youramazingjourney.com)*

*Joan Stenzler, LCSW, SEP*