

# Forum:[Hack Forums](#)

Thread: [3 Steps For Better Communication](#)

**JustWentBolix** - October 25, 2023, 5:19 pm

So we've all heard it when you think about it. Communication is the number 1 thing when it comes to any relationship. 'It really is'

Actually communicating with someone openly and honestly. But more than just communicating is also Listening.

It's like that phrase you were given "Two ears and one mouth" because you should be listening twice as much as you speak.

But it's the number 1 key to relationships and the number 1 key to your romantic relationships to your friendships.

To your children any other breathing human. This will deepen your connection with them.

It's really one of the most beautiful parts of being human is being able to have a deep connection with another human.

I truly believe why one of the main reasons some relationships fail is because lack of open honest communication.

Between both parties and people in that relationship and so the problem with that is we weren't taught how to communicate with people.

Sure you can learn how to be a public speaker but that's not going to make you better at communicating with your wife.

Even some parents aren't the best communicators. It's not something you're born with it's a skillset just like your mindset.

Human connection is amazing. So why don't we just try to get better at it. Communication is not a talent it takes practice.

If you want to grow as a person and reach those goals this is definitely essential to learn.

L 1. Listening and not being distracted in this fast pace world we live in. Being fully present with someone. Put your phone away.

If you go to a coffee shop with a friend just leave your phone on the counter or in your pocket.

Being fully present with that person

makes them feel valued and seen. Master the art of making someone feel like it's a safe space and that they can feel like

opening up to you to build a stronger connection without any judgement or opinions. You can tell me whatever it is

and I will never judge you. That is a state of love that we all want to be in. The most value you can give someone in a conversation

is not tips on how to get better or fix them. You can't fix people just give them space. The most value you can give them is silence.

U 2. The next part would be to Understand. While we can convey that we're understanding what someone is saying through words.

We can also convey that we understand them and let them know we're listening through non-verbal cues. body language - tone - facial expression.

All of those often carry the emotional weight of the conversation for the person to feel that we're also listening to them as well.

So there is verbal and non-verbal. Try to tailor and base your communication style off of who's in front of you.

Try to listen the way they want you to listen and give off either verbal or non-verbal cues that you're

listening.

The best I can explain it is try to be a communication chameleon because it's different when it comes to masculine energy or feminine energy.

V 3. The last one is Validate. People perceive the world based off how they were raised and everything that's ever happen to them.

Perception is reality. They are living in a reality based off how they are perceiving it. So by validating someone else's feelings or experiences.

It doesn't mean that you're agreeing with them that's the important thing. You can have completely opposite beliefs.

But you can validate their feelings or experiences at the same time. By doing that it acknowledges that the other persons perspective is legitimate.

That you actually understand where they are coming from. Part of the validation is stop trying to fix everyone. Some of us have done this.

Don't fall victim to the savior complex. Ask questions and try to deeper understand them.

**Hungry4Knowledge** - October 29, 2023, 6:31 am

We are on a forum. We communicate.

Do we need to read all this to be better at it?

**Tor** - October 29, 2023, 10:04 am

(Oct 25, 2023 05:19 PM)JustWentBolix Wrote: [\[CITE\]](#) So we've all heard it when you think about it. Communication is the number 1 thing when it comes to any relationship. 'It really is'

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Don't fall victim to the savior complex. Ask questions and try to deeper understand them.

Recognize that everyone's reality is shaped by their past experiences. Even if you have different beliefs, you can still validate their feelings and experiences. This acknowledges their perspective as legitimate, without necessarily agreeing with them. Great advice for improving communication and building stronger relationships

**Jinu** - October 29, 2023, 10:14 am

It is LSRW we used to say for communication skill development. Listening, Speaking, Reading, Writing.

**JustWentBolix** - October 29, 2023, 1:04 pm

Sorry if anyone thought I meant this is your path, it's not. It's just fundamental stepping stones. Your journey not anyone else's.