

MARCH 2010 NEWSLETTER

THEME: The Vital Role of Communication

From Andrew Quinn: Psychotherapist, Author, Reiki Master & Workshop Presenter



SELF TRANSFORMATION
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IN THIS ISSUE

It has been some time since the last newsletter due to holidays and a number of projects that preoccupied my creative energies.

Over the month of December I wrote a new book called "Beyond Romantic Love". The guidelines on communication in this newsletter are from one of the chapters.

After a good holiday in January, February kept me occupied as I created two 30 page manuals for future Reiki I and II courses that I will be running soon. This was my last requirement before receiving my Reiki Mastery attunement last weekend. This process has been quite enlightening as to what can be achieved through healing and awakens a greater identity in oneself.



March 'Thought of the Month': The Vital role of Communication



“Communication is not just an act of listening but an act of making the other feel heard. What makes communication difficult is both the immediate feelings of a situation, as well as long held unresolved emotions that reflect this situation. Therefore, establishing healthy communication in a relationship represents a respect for the other, a trust of the other and wanting to become closer to the other ”

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Thought of the Month Article: The Vital Role of Communication

For communication to be constructive both partners need to have the intention to understand what is occurring for the other. If both individuals are doing this, then they can both feel heard and will make the other feel acknowledged. Most difficulties in communication develop when feelings are not being expressed, either because the individual is not aware of them, or they have not expressed them adequately to the other.

As you practice communication and improve your skills as a couple, you are learning to identify and process your feelings, with the assistance of your partner to help you. Learning to more openly and directly express your feelings is an important way to face intimacy fears without the expected judgement or rejection, which is a very healing thing to do for each other. The qualities of patience, acceptance and valuing the other is vital to this process. Yet communication can still become messy at times, and the blame game will rear its ugly head, but if the intention to express yourself and listen to the other is maintained, great progress can be made in a relationship. What follows below are some guidelines for the spirit and flow of communication and listening skills.

Guidelines for the spirit of communication:

- ♥ Have a genuine intent to understand the experience and opinions of the other
- ♥ Avoid trying to score points over the other or prove that you are right.
- ♥ Try and encourage your partner to express their feelings if they are having difficulty or are not used to this.
- ♥ Be aware of how you are delivering what you are saying and whether there is any blaming or aggression affecting your tone.
- ♥ Respectfully inform your partner if they are sounding critical or developing a harsh tone.

Guidelines for the flow of communication:

- ♥ Take turns to respond to each other and establish a good flow of conversation.
- ♥ Ensure you express your feelings along with your thoughts. However note that if you start a statement with "I feel that ...", then you are actually expressing a thought.
- ♥ Do not attempt to discuss actions to be taken until both individuals have clearly expressed their feelings, opinions and have worked through the issues.
- ♥ Some issues may need revisiting or require some time or space for individuals to digest what they have heard.
- ♥ Take time out if the discussion is becoming heated or conflicted.

Guidelines for expressing feelings and listening to the other:

- ♥ Focus on expressing your feelings with "I ..." statements.
- ♥ Refrain from starting sentences with "you are ..." as this inevitably expresses sentiments of blaming, or is at risk of being interpreted as blaming by the other.
- ♥ Try and respond to what the other has said rather than formulating your counter argument well before they have even finished.
- ♥ If you notice your partner is in an emotional state, then you may wish to acknowledge it by saying "you seem sad/hurt/angry".
- ♥ If your partner has expressed a significant amount of material, then summarise back to them what they have said by paraphrasing, starting with the phrase "let me see if I've got this right, you said ...".
- ♥ If appropriate, offer some words of comfort or reassurance, such as " I understand why you feel that way ...", "that would be a normal reaction ..." or " it sounds like it's been difficult ...".

Please do not underestimate the importance of healthy and constructive communication. Your style of communication reflects the health of your relationship. It will also reflect the degree of togetherness that exists in a relationship and the commitment that is required for a cooperative attitude. Also, intimacy fears will not be faced unless you actually say

something and express yourself differently. It is not adequate to be aware of all of your relationship dynamics, your feelings and opinions of the issues. Intimacy fears are only faced when words are spoken from an empowered position and honest thoughts and feelings are expressed, because this is the moment that rejection can occur, and probably occurred in childhood or adult relationships. This is the moment where you can now experience feeling acceptable and loved from a responsive and emotionally available partner.

Upcoming events: Reiki I and II course to commence in May 2010. Stay tuned!

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Contact details: Andrew Quinn Ph: 0418 576 067
Mailing Address: 200 High St. (Cnr Manningham Rd), Lwr Templestowe, 3107.
Email: info@selftransformation.com.au Web: www.selftransformation.com.au
Counselling rooms: Level 3, 200 High St. (Cnr. Manningham Rd) Lower Templestowe.