

Communication in Relationships

- By *Ms. Asha Madhu*

“Communication is the fuel that keeps the fire of your relationship burning, without it, your relationship goes cold” - William Paisley.

A satisfying relationship with another person requires good communication, mutual understanding and empathy. If there is a significant drop in one of these factors, e.g. we disagree and have an argument, then an upset ensues - we aren't speaking to one another any more. We have to get over that barrier and start communicating - which means to begin listen openly and intently as well as to express how we feel.

Communication is the solvent of all problems and is the foundation for personal development. As Brahma Kumaris says, “Good feelings for others are like ointments that heal wounds and re-establish friendship and relationships. Good feelings are generated in the mind are transmitted through your attitude and are reflected through your eyes and smile. Smiling opens the heart and a glance can make miracles happen”.

“Before you speak, think : Is it necessary? Is it true? Is it kind? Will it hurt anyone? Will it improve on the silence?” - Saibaba.

Mindfulness is the practice of being consciously aware of one's thoughts, feelings and actions, paying attention in the present moment, and perceiving what exists non-judgementally. It's opposite to mindlessly reacting according to programmed behavior patterns and emotional

responses, “flying off the handle” in other words. It's an ability we can all cultivate if we have a mind to, and our relationships will benefit massively, if we do.

“Without communication there is no relationship. without respect there is no love. Without trust there is no reason to continue”. - Unknown.

Communication (expression and listening) leads to understanding, which leads to empathy, which leads to compassion. Compromise and agreements become possible, the way ahead shared. With good communication, you can feel connected, understood, appreciated and more loved - and make another feel the same. Good communication is like water to a plant, it helps relationships blossom and grow.

The most important thing in communication is hearing what is not being said. The art of reading between the lines is a life long quest of the wise - Shannon L. Adler.

People can sometimes be hesitant to be honest to tell the truth, and all of the truth. We can use our gut feeling to know when what's being said isn't congruent with the situation. And use our intuition to know what question to ask that will bring the truth out into the open. Don't assume your partner knows about everything you expect or want in a relationship. Let him or her know. A relationship should be based on communication, not on assumption.

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