

Communication Examples



PERSONAL DEVELOPMENT SCHOOL
COURSES FOR REAL LIFE

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The Anxious Attachment

How to Communicate Your Needs When You Want Certainty and Partner Wants Space

- a) When you desire space in the relationship, I often interpret it from my perspective as meaning that something is wrong between us. I would really appreciate if you could validate otherwise, which would help me feel more comfortable supporting this need that you have.
(This would look like you saying, “Honey, I need a bit of time alone right now but it isn’t because of anything you did. It is simply one of my needs. I love and appreciate you and everything is good between us.”)
- b) “I see and hear that you need space right now and that’s okay. It would make me feel safe if you can let me know that this isn’t because of something I did, or some doubts you’re having about us. If you can let me know that we are still okay, it will help me to feel calm and safe.”
(This would look like you saying, “I am happy in our relationship and my desire for alone time is something I would feel no matter who I’m with or what relationship I am in. It is something I need and has nothing to do with me feeling any negative feelings towards you.”)
- c) “I understand that you often desire space more than I do in the relationship. I will happily support that, but it will make it easier to achieve if you can let me know that everything is okay between us when you take space. That way, I won’t assume that something is wrong and when I feel safe, it will help me to more easily meet your needs as well.”
(This would look like _____)

On Needing Validation in a Relationship

- a) “One of my big love languages is words of affirmation. Reassurance about where you stand in a relationship is something that makes me feel safe and helps a relationship to be harmonious for me.”
(This would look like you saying, “I really love and appreciate you. I am happy with us right now.” “I feel like we are in a good place and I’m appreciative about that.” “I really enjoy our relationship.” ETC)
- b) “When you compliment me, it really means a lot. I think I must equate compliments to safety in our connection to a certain degree, and that is so important for me in a romantic partnership.”
- c) “I would love for us to make a greater effort in our partnership to encourage each other and boost each other. I’ve noticed I really respond well to these sorts of things and would love for them to be more habitual in our connection.

**AA's on Feeling Wanted:**

"I have noticed that it is important for me to feel wanted in a relationship. When I feel wanted or valued, I feel as though the relationship is safe and in a good place. For me, feeling wanted looks like _____ (ex. words of affirmation). What makes you feel safe in a relationship?"

AA's on Desiring Clarity and Transparency (Ex. Going out and having you check in):

I really want to support all of the things that you want to do. At the same time, I noticed that I have some fears around us being disconnected or growing apart. It would help a lot if when you're going away for the weekend, you could check in and let me know that we are still in a good place and affirm "us." This would look like you calling to say that you miss me. This way I can feel safe and I can also respect our time apart!

AA's on Communicating General Needs (Ex. Sharing of Chores):

I am really happy with our relationship in so many ways. I think one place we can improve together is in the sharing of chores around the house. I sometimes get overwhelmed and could really use your help. Even if it's doing the dishes one extra time each week, it will make me feel supported, valued and like I can breathe a bit. I want us to always be able to help each other out, and if you're ever going through an extra busy time in life I hope you feel comfortable asking for support from me too.

AA's on Communicating Fear of Abandonment:

I am very sensitive to changes in the patterns of our relationship. I have a fear of abandonment that I am working on, but I want to let you know that it comes up for me sometimes so that I can communicate with you about it. Just talking about it makes me feel better. If I am ever feeling afraid of us disconnecting, all I need from you is to let me know that everything is okay between us. Of course, I want you to be truthful if it's not, but if I am in my own head a bit, simply reassuring me will go a really long way. Even if you just say you care about me and you are happy to be together, I will appreciate that so much.

AA's on Setting A Boundary When Feeling Disrespected:

I understand you might not have meant anything by it, but when _____ (ex. we didn't speak on the phone the other day), I interpreted it as _____ (ex. me being unimportant to you). If we say we are going to speak, it's really important to me that we follow through on this together. If you are unavailable or something



comes up, that's totally okay. But if you can just let me know, that is all I need. I don't expect you to be perfect, but if you can at least try to do that, it would really mean a lot.

AA's on Feeling Excluded:

I want to support you doing everything that you want to do and I know it is healthy for us to do separate things sometimes. However, I can't help but interpret things as me being excluded sometimes. It is something that I'm working on, but if you can make an effort to let me know that you value me and want to spend time together when you return, it will come much more naturally for me to be okay with space between us.

OR

"If you can call/send a text to check in while you're out with your friends, I will feel like I'm included in your thoughts and that will be really happy for me."

The Dismissive Avoidant

DA's on Needing Space from Your Partner:

I want you to know that I value our relationship and you matter to me. I am the type of person who needs my alone time in order to feel balanced and fulfilled. I could really use some alone time right now to feel more like myself again, and I want you to know that it doesn't mean anything about you or the relationship. I really appreciate you and I am like this with everyone. It is part of me, and I will still make an effort to have time for us too.

DA's on Feeling Unseen/Unheard:

I really want you to understand something about me. In _____ (situation x), I experience _____ and I need _____ (ex. When we go on vacation, I experience a bit of stress from being outside of my comfort zone and I really need a day to get into the swing of things once we arrive). Can you see how I might feel like that knowing what you know about me? If you can confirm that it makes sense to you, I'll feel seen and heard and it will help a lot.

DA's on Feeling Misunderstood:

I am not sure that you're understanding me right now. I would really appreciate if you could take a moment and try to understand where I'm coming from and what



my side of this experience is like. When _____ (insert situation) happens, I can experience _____ (insert emotion). What I need you to understand is _____ (insert need). Am I explaining that in a way that makes sense? I would really love to know that you understand me.

OR

When _____ (insert situation) happens, I can experience _____ (insert emotion). What I need you to understand is _____ (insert need). Can you see how I might feel the way that I feel? If you were in my situation and had similar traits to myself, can you see how you might feel that way?

DA's on Being Unclear About What You Partner Expects:

I would really like to meet your need but sometimes I feel confused. When I get confused about what to do, it is easy for me to shut down and freeze a little bit. Will you explain what you need a little bit more clearly? It would help if you paint a picture and tell me what it looks like, what an example is or how often you want me to meet the need itself.

DA's on Fear of Criticism:

I noticed that I really do not feel good when I get criticized. I also notice that being criticized doesn't help me move towards improving the situation. It makes me feel like I want to shut down or move away from the situation to protect myself. When are upset about something, will you please try to communicate what you need in a direct way instead of criticizing me? Sometimes I will need reminders. But if you can communicate gently to me and remind me at times, I really think I will get better at this part of our relationship.

DA's on Recovering From Criticism:

I understand that you want to talk things out right now. I know it feels urgent for you. But sometimes, until I have had a chance to process, it is really hard for me to find words to express myself. We are going to be okay, but I would really appreciate if you can give me a bit of time and space to process everything and get through how I'm feeling. It is really important for me to self-soothe. If you can respect my space for the next little while, I will try to communicate constructively as soon as I can.

DA's on Needing Certainty:

I have noticed that I really value certainty and consistency in a relationship. These things make me feel like our relationship is harmonious and safe. They also make me



feel like I can trust more and thus be more vulnerable. I realize that I need more consistency in _____ (name area of relationship → Ex. our communication, I would like it to be more constructive). We could improve this by _____ (ex. stating our needs more directly or communicating the need in the positive). Can we practice this together?

FA's on Feeling Unimportant

When situation _____ (insert situation) happens, I can interpret it as _____ (insert the story → ex. "I am not important to you.") I know this isn't always the truth of the matter, but I could really use _____ (insert need → ex. reassurance that I matter to you).

The Fearful Avoidant

FA's on Needing Transparency in RLP to Improve Trust:

It is super important to me for us to have transparent communication. I've had to adapt to things in the past in a way that causes me to read between the lines a lot and while this is really helpful sometimes, it can be very challenging at other times and can cause me to question what to trust. If you can do me a favor and be a bit more transparent about what you're doing, what you need and how you're feeling about the relationship, it will really help me to feel safe and content. If there's anything you need from me, I am happy to give that to you as well.

FA's on Feeling Disconnected:

I notice that sometimes I feel sad or afraid when we are distant from one another. I can then start shutting down or pushing you away at times when I feel this way. I want to be able to say to you instead that I feel disconnected and ask for us to spend some quality time together. Whether it's a shared activity, deep conversation or just being playful, I am going to start asking for this more in the relationship. Is that okay with you?

FA's on Needing Reassurance or Validation:

It is really important for me to feel validated in a relationship. I notice that I often equate validation with safety and closeness. Can we work on building each other up more in the relationship? This looks like us complimenting each other once a day (or at least trying our best to remember), checking in with each other and letting each other know that we feel good about "us." I am going to try to do this more and I would love if you could practice this with me.



FA's on Needing to Withdraw:

I realized that I am often very present and available on a regular basis in life. But sometimes I get overwhelmed and I need to withdraw into myself in order to recharge. I understand that it can be difficult for me to be so available and then seemingly not be available, but I want you to know that it is how I recharge at times and not a reflection of how I feel about you. If I suddenly need some time alone, I will let you know, and if you can respect that and hold space for me, it will mean a lot.