

# 4 T's of Communication

## Timing

- Do I try to talk to my significant other when they are very busy, leaving for work, already engaged in an activity, or late at night?
  - Do I ASK if “now is a good time and if it isn't, what works for you?”
  - Am I sensitive to my partner's daily rhythms and stress levels?
  - Do I pile up numerous discussions and try to address them all at once?
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## Tone

- Do I sound Angry? Sarcastic? Condescending? Uninterested?
  - Is there a difference in your tone based on whom you are speaking to? (Do you sound nicer to friends or strangers?)
  - Am I too loud?
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## Technique

- Am I remembering to start positive and focus on strengths?
  - Am I using the healthy boundaries list?
  - Am I playing the victim or blaming?
  - Is technology an appropriate means for this communication?
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## Truth

- Am I being honest and fair – do I exaggerate or twist things?
- Have I considered their intent or state of heart?
- Do I re-write history – alter or leave things out?

## Quiz: Am I a Good Listener?

Instructions: Read through and check any that apply to you. If you see you have three or more of these, this indicates you need to give extra focus on the next activity.

- Do I interrupt my significant other?
- Am I NOT willing to stop what I am doing to hear my significant other?
- Do I plan what I want to say while my significant other is talking?
- Do I put time limits on listening?
- Do I walk away or leave discussions?
- Do I zone out or become distracted easily?
- Do I often say things like “can we talk later?” or “I can’t deal with this now” or “get to the point.”
- Do I have trouble seeing things from my significant others view?
- Do I think my significant other talks too much?
- Do I avoid times or places I may have to listen to my significant other?