



E F F E C T I V E C O M M U N I C A T I O N P R O G R A M

WORKBOOK

MODULE 2

From Bickering to Understanding

If negative aggressive communication is hurting your marriage you can turn that around improving your communication, leaving negativity behind, and eliciting positive connection.

D E V E L O P E D B Y

ADA LUZ GONZALEZ, PH.D. LMFT

ACTION TIME

1. Think carefully about yourself. Do you tend to get into any of “The Big Four”? If so, which one?



2. Plan a couple of things you can do differently instead of your tendency.



3. Practice in your mind the new behaviors you want to develop instead. Can you see yourself doing the new behaviors? How does it feel?



4. Make a firm decision and practice every day this week how to Get off that horse!

COMMUNICATION STYLES

5. Which of the 4 quadrants of the Communication Styles Matrix tends to be your style? And which one your spouse?

Communication Styles Matrix

Directness	High	Agressive	Assertive
	Low	Passive-Agressive	Passive
		Low	High

Tactfulness

A. Your style?

B. Your Spouse style?

6. This week, every time you might have to communicate about an issue, plan and practice a more assertive style. Write your plan here. Practice in your mind. Then practice in real-time.

ACKNOWLEDGING NEGATIVE BEHAVIOR

7. Print and take the "Acknowledging my negative behavior."

8. With a humble attitude, confess your failures to God and ask for His forgiveness.

9. Take time to confess your failures to your partner and ask for their forgiveness.

10. Make a specific plan to act differently and write it down here.



11. Practice every day your new attitudes and behaviors until they become a good positive habit.