












# Communication

<p>I feel funny about talking to my partner about how we talk</p>	<p>My partner expects me to "just know" what they want me to do</p>			<p>How can we avoid confusion on our Team?</p>
<p>I need to talk &amp; get things settled but they want their space, - who is right?</p>			<p>My partner just wants to fix it and move on - No talking</p>	
		<p>I'm afraid my partner will feel upset if I talk about how we talk</p>		
<p>My partner stomps and sighs - they are upset and it gets me mad</p>				<p>We mix up talking with how to build our projects &amp; get nowhere</p>

# Communication

---

**A Home Team talks.** You will develop many communication skills as you proceed in your project together.

These skill habits can either become a great asset to your team, or you can practice bad habits, depending on how you approach this end of teamwork. Your habits may be negative if you are careless about this skill area. If you don't bother working on your communication skills, the results may be evident in miscommunication, misunderstanding, and many hurt feelings. Practice of negative patterns can become automatic negative habits, and can build resentments and strife in the home.

Yet, with some attention, this area can be an opportunity for a fresh level of sharing and trust between you. You will create a basis for establishing new patterns and habits in the relationship. Aren't you ready to learn how to get over those dead ends in talking?

Discussion opportunities met with tense feelings and abrupt endings? Yes? With some focus you can tackle these skills in your project teamwork. The benefits of paying attention to communication during your renovation project will overflow into the home, and can lead to precious results. More than a new sink or patio – but very enduring family improvements that will strengthen your bonds, affection and acceptance of each other.

**You will practice communicating. Whether they are good habits or bad ones - which patterns do you want to become your family's routines?**

*So - How do we get started?*

*A new kind of talking –*

**ABOUT each other – and TO each other:**

**Giving and Receiving Feedback.**

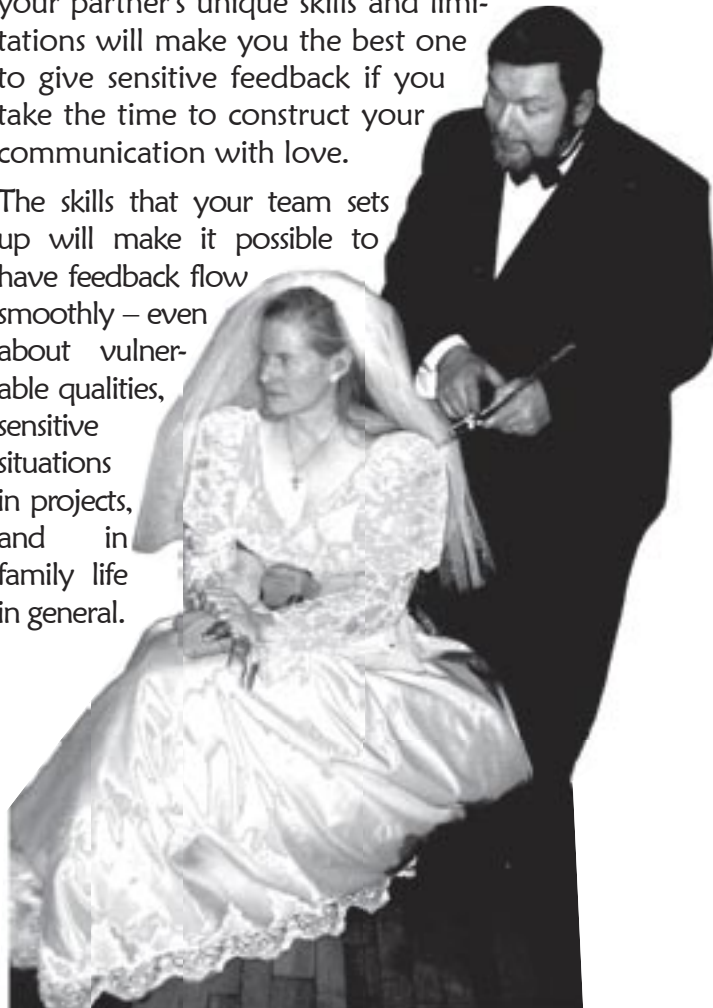
**Y**ou will need to talk about your teammate **TO** your teammate in order to figure out who will do what tasks, how a job can be handled most efficiently, and when to offer and receive help. Think of two rock climbers tied up to one rope and helping each other climb the slope. If one notices slack in the rope and says nothing, both could slip to their deaths. Instead,

---

they are continually giving information to the other about clearances, footing, and their own state of strength or fatigue.

The **Home Team** has intimate communication needs. Your task is to develop the ability to notice your partner's footing and to communicate when you or the other appears to need rest. You can anticipate overwhelming tasks and offer assistance. Your view of the terrain can have the advantage of perspective if you are not up close, but you will need to send and receive the message with detail and tact – and in the right time. Your knowledge of your partner's unique skills and limitations will make you the best one to give sensitive feedback if you take the time to construct your communication with love.

The skills that your team sets up will make it possible to have feedback flow smoothly – even about vulnerable qualities, sensitive situations in projects, and in family life in general.





---

## **Some Ground Rules**

*to review or revise for your Home Team*

**Use respectful words.**

**Be polite.**

Sometimes in anger, the tongue can slip. But put your hand on your own mouth if you need to. Spend a little time in your head to translate your message into plain civil words. It will help your situation immeasurably.

**Take turns. Listen and reflect.**

Only one person can speak at a time and really be listened to. Listening is more than just being quiet – you need to absorb the words, connect the meaning, clarify what is heard. Be sure you have caught it correctly.

---

**Renovation Psychology® Putting the Home Team to Work**

**Praise in public;  
Correct in private.**

Always a good motto. Especially in the home. You will advance the cause of harmony by following this simple rule.

**Enter Communication only with consent.**

Do both parties agree that this is the time & place to discuss this?

How long will we talk about it? Who is involved? Is this the best time? Can it wait until the daily review or a later decision-making time?

**Respect each other's need for space or talking.**

Talk about your plans and needs ahead or at other times to understand when your partner needs time to think or to talk. Don't take it personally that they might need this. But set the limits tactfully when you cannot oblige their desire.

**No mind reading.**

If you want it known, it must be said.

Don't hold the other in resentment because they did not read your mind.

If you need quiet, say so. If you want to eat early – say so. Then deal politely with the reality you discover.

**Stick to what is said.**

You may be very sensitive to the unspoken communication from your partner.

But give them credit that they refrained from saying something. Let your partner and yourself off the hook from dealing with the endless unspoken irritations that can pollute a project and a home.