



# IVROP Project JUNTOS

Marriage Tip Newsletter

## Marriage Week February 7-14 2010

### Marriage Tip 2 : The Speaker Listener Technique

Good communication is essential in any relationship. But *how* we communicate is equally crucial. The goal is to be able to talk about issues or concerns without fighting and maintaining that all important emotional connection and safety between the two of you. The Speaker Listener Technique is a powerful way to communicate safely and with respect. It is very useful when talking about tough topics or where there is a lot of emotion. It is not a great way to communicate most of the time. *It is a way to communicate really well when you are dealing with a difficult topic or when understanding each other is especially important.* If you practice this simple technique a good number of times, you will find yourself communicating better much of the time, even when you are not using the technique. Below you will find the Basic Rules of The Speaker Listener Technique. The square is called the Floor. Whoever has the Floor to begin with is the Speaker. Cut out the box along the dotted line to practice using the Speaker Listener Technique.

[This information was taken from \*Within Our Reach\* curriculum utilized by Project JUNTOS during Healthy Marriage Instruction sessions.](#)

### How To Paraphrase

Paraphrasing is simply telling another person in your own words what you hear that person saying. The reason it can be so valuable is that it shows you are listening and it lets the other person know what you understood. If what you understood is not quite what they meant, then the other person can clarify. Paraphrasing is often very useful, even when not using the Speaker Listener Technique.

The following words can help you get going with a paraphrase:

- So, what I hear you saying is ...
- So, from your point of view ...
- It sounds like you ...
- So you ...
- Let me see if I've got it. You feel ...



**See The Speaker Listener Technique in action! Click below:**



### Marriage Week Community Event

Join IVROP Project JUNTOS for a *fun filled* event for the entire community.

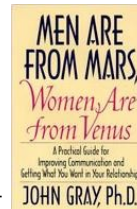
**Wednesday, Feb. 10, 2010**  
**Eagles Lodge, El Centro**  
**4:00pm—7:00pm**

### Special Presentations:

**Dr. Scott Stanley Video on Commitment—5pm-5:30pm**  
**Ooh La La Dance Lesson on Basic Ballroom—6pm-6:30pm**

### Suggested Reading

The book, *Men Are From Mars, Women Are From Venus* is an essential tool for couples who want to develop more satisfying relationships with their partners. In this book, Dr. John Gray provides a practical and proven way for men and women to communicate better by acknowledging the differences between them.



Based on years of counseling couples and research, Dr. John Gray gives advice on how to counteract these differences in communication styles, emotional needs and modes of behavior to promote a greater understanding between partners. His simple suggestions for reducing conflict, information on interpreting behavior and secrets to successful relationships will enrich your life.