

Module 2 Summary and Reflection

You're doing a great job moving through "*Keep the Fire Burning.*" Congratulations! Knowing the best way to communicate will strengthen your relationship.

As you get to know your partner over the years, you'll learn certain cues about when they have something that may be bothering them. Even if you're right, don't assume, but ask questions.

You also know that you both have different ways of communicating. One may be an introvert, the other an extrovert. One of you may be more aware of social cues than the other.

Differences can enrich your life or produce challenges if you're not aware of them.

You and your partner now have an amazing tool with Reflective Listening. Practice it when emotions aren't high, so you can use it easily when you are both upset.

Moving forward, now that you know the basics of good communication, you'll put that knowledge to use in Module 3 in discovering how to handle disagreements. Disagreements will pop up in relationships because you're two different people.

The key is to keep disagreements as few and as low key as possible when they occur.

Before going on to Module 3, though, please answer the following reflection questions. You might be surprised to discover how much you've learned.

Self-Reflection Questions

1. Why is assuming you know what is happening to your partner a dangerous practice? How often have you been right when you've done it?

Legendary Love. Module 2. Lesson 14. Summary and Reflection.

2. Describe your own communication styles. Which are helpful, and which would be best for you to change?
3. Describe your partner's communication styles. Which are helpful, and which upset you? (This is a great topic to use while practicing Reflective Listening.)
4. If one of you is an introvert and the other an extrovert, how will that affect the Reflective Listening process?
5. What strategies can you and your partner use if one of you is better at picking up social cues than the other?

