



How to Fix a Lack of Communication in Your Marriage

- Practice active listening
- Work on your emotional intimacy
- Don't be afraid to be vulnerable
- Talk about more than just work and the kids
- Focus on your spouse's interests, opinions, dreams
- Recognize the part you play when it comes to poor communication
- Pick 1 area to begin working on today
- Recognize and resolve misunderstandings
- Find a way to have difficult conversations
- Choose to see the good in your spouse
- Remember that you love each other