

Communication is often cited as one of the most pressing issues in a relationship. And while communication is critical, it's often not the real issue. The real issue often is a lack of respect, the relationship's shaky foundation, lack of shared values or even stubbornness (refusal to compromise or take ownership of an issue).

Also, we must pay attention to non-verbal communication and how it impacts our communication. We must remember it's not just what is said, it's how it is said!

Once we understand all of the information above, there are still common communication mistakes! Check them out below!

6 COMMON Communication mistakes

1. Thinking something ALWAYS has to be said.
 - There is a time to speak and a time to be quiet! Be wise with your words!
2. Not creating a safe environment conducive to open communication.
 - Now let me be clear on this. "Safe" doesn't mean consequence free! You can't dictate how someone is going to receive what you say, but you want to make sure you create an environment that makes someone want to open up!
3. Not having a "pull back" strategy

- At times conflict can get so heated that we say something we don't mean! You must have something place to help you keep that from happening!
4. Limiting causal, no pressure communication
 - You must take time to talk about absolutely nothing! Stop having only TOUGH conversations!
 5. Assuming that your spouse should just know what you feel/think so you don't express yourself clearly
 - This is dangerous! No matter how long you've been together, no matter what you THINK you know...don't assume! Get clarity!
 6. Accusatory communication
 - Your partner may be ABSOLUTELY wrong! But be careful about how you present it! When defenses go up it is difficult to keep communication flowing!