

5 STEPS TO HAVING A
VULNERABLE
CONVERSATION WITH
YOUR SPOUSE



CONNECTED



BY SHIRA



In marriage, vulnerability is a crucial component of effective communication because it fosters emotional intimacy, trust, and understanding between partners. When both spouses are open and vulnerable with each other, they create a safe space where they can share their true feelings, thoughts, and fears without fear of judgment or rejection.

HERE ARE FIVE GREAT WAYS TO
COMMUNICATE IN A VULNERABLE WAY
ACCORDING TO EMOTIONALLY FOCUSED
THERAPY:

5 Steps For Vulnerable CONVERSATIONS

STEP ONE

01

SHARE FEELINGS AND EMOTIONS: EFT ENCOURAGES PARTNERS TO OPENLY EXPRESS THEIR EMOTIONS AND SHARE HOW THEY FEEL ABOUT SPECIFIC SITUATIONS OR INTERACTIONS. INSTEAD OF RESORTING TO DEFENSIVE OR CRITICAL LANGUAGE, USE "I" STATEMENTS TO DESCRIBE YOUR EMOTIONS. FOR EXAMPLE, SAY, "I FEEL HURT WHEN YOU DON'T INCLUDE ME IN YOUR PLANS," RATHER THAN, "YOU ALWAYS LEAVE ME OUT."

STEP TWO

02

IDENTIFY CORE EMOTIONS: EFT EMPHASIZES IDENTIFYING AND COMMUNICATING CORE EMOTIONS THAT UNDERLIE SURFACE-LEVEL REACTIONS. OFTEN, ANGER OR FRUSTRATION CAN MASK MORE VULNERABLE EMOTIONS LIKE FEAR, SADNESS, OR LONELINESS. BY EXPRESSING THESE DEEPER EMOTIONS, PARTNERS CAN BETTER UNDERSTAND EACH OTHER'S NEEDS AND EXPERIENCES.

STEP THREE

03

USE NON-BLAMING LANGUAGE: AVOID BLAMING OR CRITICIZING YOUR PARTNER DURING VULNERABLE CONVERSATIONS. BLAMING CAN LEAD TO DEFENSIVENESS AND HINDER PRODUCTIVE COMMUNICATION. INSTEAD, FOCUS ON EXPRESSING YOUR FEELINGS, NEEDS, AND DESIRES WITHOUT ATTACKING OR BLAMING YOUR PARTNER.

STEP FOUR



PRACTICE ACTIVE LISTENING: IN VULNERABLE CONVERSATIONS, IT'S ESSENTIAL TO BE AN ACTIVE LISTENER. SHOW GENUINE INTEREST IN YOUR PARTNER'S EMOTIONS AND EXPERIENCES. REFLECT BACK WHAT THEY'RE SAYING TO ENSURE YOU UNDERSTAND THEIR PERSPECTIVE ACCURATELY. THIS KIND OF EMPATHETIC LISTENING CREATES A SAFE SPACE FOR OPEN COMMUNICATION.

STEP FIVE



ASK FOR SUPPORT AND VALIDATION: COMMUNICATE YOUR NEEDS FOR SUPPORT AND VALIDATION FROM YOUR PARTNER. SHARING VULNERABLE EMOTIONS REQUIRES A SAFE AND CARING ENVIRONMENT. WHEN YOU EXPRESS YOUR FEELINGS, ASK FOR REASSURANCE OR VALIDATION FROM YOUR PARTNER, DEMONSTRATING THAT YOU TRUST THEM WITH YOUR EMOTIONS.

Remember, communicating in a vulnerable way can be challenging, especially if there are past hurts or communication patterns that hinder openness.

Emotionally Focused Therapy often involves the guidance of a trained coach who can help couples navigate these conversations and build a stronger emotional connection.

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