

Importance of Communication in Relationships

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The health of a relationship is based upon how effective the communication in the relationship is. Without communication, a relationship simply cannot exist. Certainly not in a way a relationship is supposed to be.

Relationships are meant to be soothing, supportive and a source of completion for us. And only a healthy relationship can provide for such needs.

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Successful relations are an outcome of effective communication between the partners and in this article, we're going to discuss why communication is so important in a relationship and why you should bother about the importance of communication in a relationship.

And how learning to communicate effectively can help to strengthen your relationship as well as fixing your unhealthy relationship.

Less Communication > More Problems



If you think that the problem you're facing shouldn't be discussed with your partner; well, you're wrong.

Whether it is a problem concerning the relationship between you two, or about anything else whatsoever. Discussing it with your partner will only help you two get closer.

When we're going through a tough phase, we need some support and there is no better support than the person you love, your partner.

Discussing your issues with them will build trust between you two, and it will strengthen your bond. You may find solutions to problems that you couldn't have thought of by yourself.

Lack of effective communication can cause many unwanted problems in your relationship. So, it is very important that you try to communicate effectively with your partner.

Effective communication can resolve even the toughest of issues quite easily between partners. And when you two are able to communicate effectively with one another, you'll find happiness in this activity as well.

A common example of this is concerning financial expenditure. Couples often ran into financial issues, which is quite normal. And if you feel that your partner is squandering money, you should definitely bring it up and discuss it.

It is better to discuss and say it out now rather than to keep it in your mind and let it explode at the very wrong time later on.

Still not convinced? Read these 32 [Communication Relationship Quotes](#).

Top 3 Gains of Effective Communication in Your Relationship

1. Trust

Can you trust someone who does not share their thoughts with you? Not a chance.
Effectively communication builds trust.

If you can talk to your partner about anything concerning, they will start to open up as well. And this is the level of trust you want in a relationship. Effective communication paves the way for this.

2. Honesty

Once you two are able to communicate openly without much hesitation with one another, it is highly likely that you will be much more honest with each other now.

If you are honest with your partner, you'll be able to admit your weaknesses to them and hence, build more trust and acceptance.

3. Respect

Honesty leads to respect. So, communicating effectively in your relationship can also enhance the respect you have for each other.

Communication can make or break a relationship. [#Twosome](#) [#communication](#) [#relationships](#) [#quotes](#) [#quoteoftheday](#)

— Twosome (@Twosome_us) [October 31, 2018](#)

Communication can make or break a relationship. So effective communication is of utmost importance as not only it builds trust, honesty, and respect in your relationship, it also decreases the needless arguments that are quite normal in the usual couple.

Effective Communication > Happiness

Being able to communicate easily is also an indicator of happiness in a relationship. Happy couples are those who can communicate effectively.

Lack of communication not only hurt your relationship but also your partner. So, if you want to be in a relationship that spurs happiness in your life, you better [fix communication in your relationship](#).

Effective Communication Brings out The Real You in Your Relationship



If you lack communication, you cannot be yourself with your partner. Being able to communicate effectively removes hesitance and you are able to say things with freedom.

Being yourself is very important in a long-term relationship and effective communication is the way you reach that level of comfort in your relationship.

Now that you have learned about the importance of communication in relationships; you might want to read our full guide on [how to fix communication in a relationship](#).

5 Easy Ways to Improve Communication in Your Relationship

1. Listen Attentively

The number one rule to an effective communication is listening properly and with full attention. When your partner is expressing themselves, you better comprehend those words and listen to understand rather than to reply.

Being a good listener improves communication immensely. Your partner will feel much at ease when talking to you if they know you'll listen well.

Do not interrupt while listening, let your partner complete their point and make sure you understand their perspective before you try to reply or put forward your side of the coin.

2. Talk about Now

Never ever bring up past mistakes into a current discussion. I know you'll be thinking to justify your point, but believe me, it is only going to worsen it up.

Focus on the scenario at hand and let the bygones be bygones.

3. Discuss in Person

Communication is much more effective when you two are in front of one another and in person. Because effective communication is not only the words you speak and hear but your body language and non-verbal communication is also an important aspect of effective communication.

Talking in person enhances effectiveness in a communication so when possible, always try to communicate in person.

4. Pick the Right Time

Choosing the right time to communicate is as important as the communication itself. Try to wait for the right time when both of you are free from any other distractions and have full time for this conversation.

5. Stay Calm

Never start by pointing fingers and placing blame at one another. Approach the conversation calmly and try to keep your composure even if the argument starts to get a bit hot.

Calmness is also contagious and this will make the conversation proceed in a much more effective manner.

By adding these simple ingredients, communication in your relationship will improve big time.

So here is the recap of what we've discussed so far:

Why Communication is Important in a Relationship?

Effective communication builds trust and honesty that leads to openness between partners. Couples who cannot communicate well enough, are not able to share themselves completely with their partners.

Communication helps brings out the real you with your partner and that enhances the level of comfort in the relationship. And that leads to a relationship that is a source of happiness in your life.

Recommended read: [Expectations in Relationships](#)