



Communication Rules

Created by Corinne Engelbert, mmatecenter.com, Regent University

In this exercise you as a couple design your own communication “rules” to help your communication work better. Communication for a couple can be most effective if you use a few rules. They should be simple and realistic for you both to consistently keep the rules. And if the rules are broken, the couple should stop communicating for a break or “time out” until they can establish safety again using their rules.

Example Communication Rules:

1. Each person can only speak from their perspective.
2. Each person should avoid making assumptions about the intentions behind their partner’s words or behaviors.
3. There will be no devaluing of each other while in the therapy room.
4. Volume of speech must be kept to a 5 (out of 10) or below.
5. If a person feels the need to take a time-out, they may do so. The partner must respect the person’s decision to take a time-out and may not engage the person until they are ready.

Your rules: