

# COUPLES



## Simple Talking Creates Connection

Handout

**Dr. Jan Hoistad**

Creator of the Big Picture Partnering Approach  
to Long-Lasting Relationship



## Simple Talking Creates Connection

---

To improve your relationship, agree to develop a thread of consistent and meaningful communication. Begin by scheduling times to talk together regularly and take turns listening to one another about topics that are important to each of you.

Talking and listening regularly improves the quality of your interaction. It also gives full attention to your partner and to the topic that is important to him.

In the Big Picture approach, partners are asked to spend twenty to thirty minutes at least every other day, or four times per week, taking turns talking and listening to each other, and each person gets at least ten to fifteen minutes of their partner's undivided attention.

Now it might sound clinical to maximize the quality and efficiency of communication by scheduling twenty to thirty minutes every other day. Some feel this conversation would or should happen spontaneously “if he really loved me” or “if she really cared.” For other couples it seems nearly impossible to find the time for a conversation at the end of the

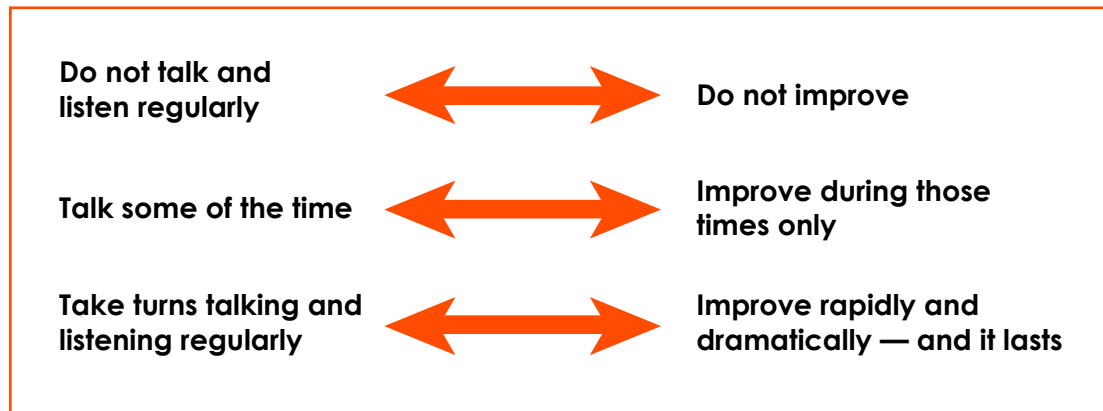
day when they are too tired or burnt out. This resistance is exactly why it's so important to talk together regularly, and take turns listening.

### **Make Time to Talk**

Agree to schedule twenty to thirty minutes of conversation, with no interruptions, at least four times each week, or every other day. This is a time in which you sit down or take a walk together and talk about something that is important and meaningful to you—not schedules, not the kids, not household errands. Then your partner does the same, talking about something important to her while you listen. While you can have some interaction and dialogue, the objective is to actively listen to your partner; to get to know your partner as she is today, in this moment; and to let your partner know more about you by sharing your desires, concerns, goals, and dreams.

When first given this assignment, some couples are so out of practice they don't know what to talk about or how to fill the ten to fifteen minutes. If this happens to you the first few times, simply share your responses to the exercises at the end of each chapter and you will have plenty to talk about. The diagram below illustrates the importance of regular talking and listening.

## Couples who...



When it comes to couples, ours is a unique approach to relationships. Dr. Jan Believes in Couples and Partnering Well Done. Couples coaching. It's beyond therapy. It's for committed couples who want a thriving life. Couples thoroughly living in the present, but with a lens on a future they create together. Your relationship, family life, professional pursuits, and maybe even a growing business are all of piece. Coaching that blends all your personal and professional needs while giving you the mindset, tools, and skills that can last you a life time is our expertise.

While you want all aspects comfortably melded, sometimes it's important to disentangle them to make sure each facet is thriving on its own. We are here to help you smooth out your daily details while also helping you to reach for your greatest dreams. Learning how to do this together is invaluable. We know how to help you get there.

Let's have a conversation. Whether you want to make a good relationship even better, or need the tools to strengthen your most important relationship, Dr. Jan is ready for a free 30 minute phone conversation to help you achieve your goals. Just fill out the form on the [contact page](#), email directly, or simply pick up the phone and give her a call at 952 922 9430. Let's talk!