

## **SELECTED CONSIDERATIONS FOR MAKING YOUR RELATIONSHIP WHOLE:**

- 1. Stay in the present. Deal with what is going on now. Don't go back to the past and try to correct previous issues. Seeing things clearly regarding the current situation is difficult because of the complexity of symptoms.**
- 2. Be respectful in your interactions with each other. Stay away from blaming.**
- 3. Try to manage one topic and/or problem at a time.**
- 4. Give your partner time to process information before expecting an answer.**
- 5. Realize that your partner may have difficulty self-initiating or starting a sentence or stating a concept due to the injury, so you may need to provide assistance.**
- 6. Allow for mistakes. This is not the only chance you will have to make things work for you. Allow for second chances.**
- 7. Take time in nature to refresh, recalibrate and renew yourself.**
- 8. The goal is not to be so perfect as to cause yourself misery.**
- 9. Connect with your friends, support groups, church activities, etc.**

## **COMMUNICATION:**

- 1. Use Carrier Phrases:**
  - "Is this a good time to talk?"**
  - "I'd like to make a proposal"**
  - "I have an idea."**
  - "I'm going to change topics now."**
- 2. Use questions to get feedback from a partner:**
  - "What can I do for you today?"**
  - "Would you like to go to the movie or for a walk?"**
- 3. Use shorter sentences when talking with your partner.**
- 4. Pay attention to whether the other person is still able to pay attention. Give your spouse important information when they are alert, not fatigued. Write important things down.**
- 5. Can your partner hear you or is there a problem with hearing or auditory processing?**
- 6. Given the rapid and complex nature of communication, it may be important to learn to state wants and needs more explicitly.**
- 7. If your partner has difficulty comprehending an idea, state it in more than one way to help clarify the idea.**