

# Growing Good Communication Habits

TAKEAWAYS from 18 January 2021

## Summary of main points

- We need to make **regular time and energy for good communication**. What we do and how much time and energy we can give the relationship will vary depending on the season in life, but we need to do something so we can stay connected and grow as individuals and a couple.
- If we only talk about day to day topics and 'all the things that must get done' it's likely that our relationship will be shallow. We **build intimacy when our communication is deeper** and we share our feelings. Check out this [blog for more on building intimacy and trust](#).
- Don't expect your partner to be a mind reader! It's good to learn to express our needs.
- We **grow in our communication when we recognise our bad habits and develop new good habits**. Toucan Together's Communication Module reviews good communication habits in easy to remember ways, as well as bad ones. [Discover more | Login](#)

## Ideas to connect

- Dates: coffee dates, date nights, date days, weekends away and in a pandemic - dates in your car!
- Admin nights - discuss the bills, kids and all the necessary stuff at a separate time.
- Do [Toucan Together](#) as a couple, which set up some great conversations and help strengthen and grow your relationship.
- Do a couple bible based devotional - see resources, below.
- Join a Together small group - see resources, below.
- Read books together

## Recommended resources

- **Toucan Together** - the app for couples to grow and strengthen your relationship. It's free!

Toucan Together can help you improve many aspects of your relationship: discover deeper ways to communicate; find positive approaches for resolving arguments; learn to speak each other's Love Languages®; build friendship, intimacy and a great sex-life. Get started by taking the 'Pulse' of your relationship with our short research-based quiz and see the health of your relationship across seven key indicators. [GET STARTED NOW](#) | [LOG IN](#)

You can also download the app from the [App Store](#) and [Google Play](#)

- [Toucan Together's blog](#) helps you grow and strengthen your relationship in 5 minutes a week. There is great content from fabulous contributors. Sign up to to receive your weekly insights, tips and tools [HERE](#).
- **Together** small groups - a nine session bible based study for small groups of couples. [Find out more...](#)
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- **Couples devotional:** [7 Relationship Goals for your marriage](#) - YouVersion Bible app.
- **BOOKS** mentioned:
  - [Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining](#) by Peter Scazzero
  - [The road back to you an enneagram journey to self-discovery](#) by Ian Cron & Suzanne Stabile
  - [The Path Between Us: An Enneagram Journey to Healthy Relationships](#) by Ian Cron & Suzanne Stabile (read the Road back to you first unless you already have a good understanding of enneagram.)

For reflection and discussion...

1. What do you do to make regular time and energy for communication as a couple? Is there anything you want to change, and if so what and when?
2. Are there any good habits you would like to develop? Any bad habits you are able to admit to?
3. What could you do to grow your communication?