

How to Communicate with Your Partner

“Relating to Avoidant Attachment”



Instructor: Priscilla Lenora Miles

Agenda

- **Introduction & Agenda**
 - Learning Objective & Goal
- **Watch Video (3:29 minutes):** Dr. Les Carter
 - Individual Observation
 - Pairing Insight on Observations
- **Avoidant Attachment Assessment**
 - Pairing Discussion of Assessment
 - Class Sharing of Assessment
- **In Summary:** Dr. Les Carter

Learning Objective

By the end of this 30-minute session, you would have collaborate in pairs, and be able to determine if the way you communicate in your relationship demonstrates an avoidant attachment behavior.



Goal



I'm here to help you learn how to change your perceptions so that you can freely express yourself, and to have a better way of communicating with your partner.

“Unhealthy verbal communication often starts not with words but with negative thoughts or difficult emotions.”

(Source: Positive Psychology Program)

Video:

**The Avoidant Partner: How
To Respond When Your
Partner Is Evasive**

Dr. Les Carter (2017)

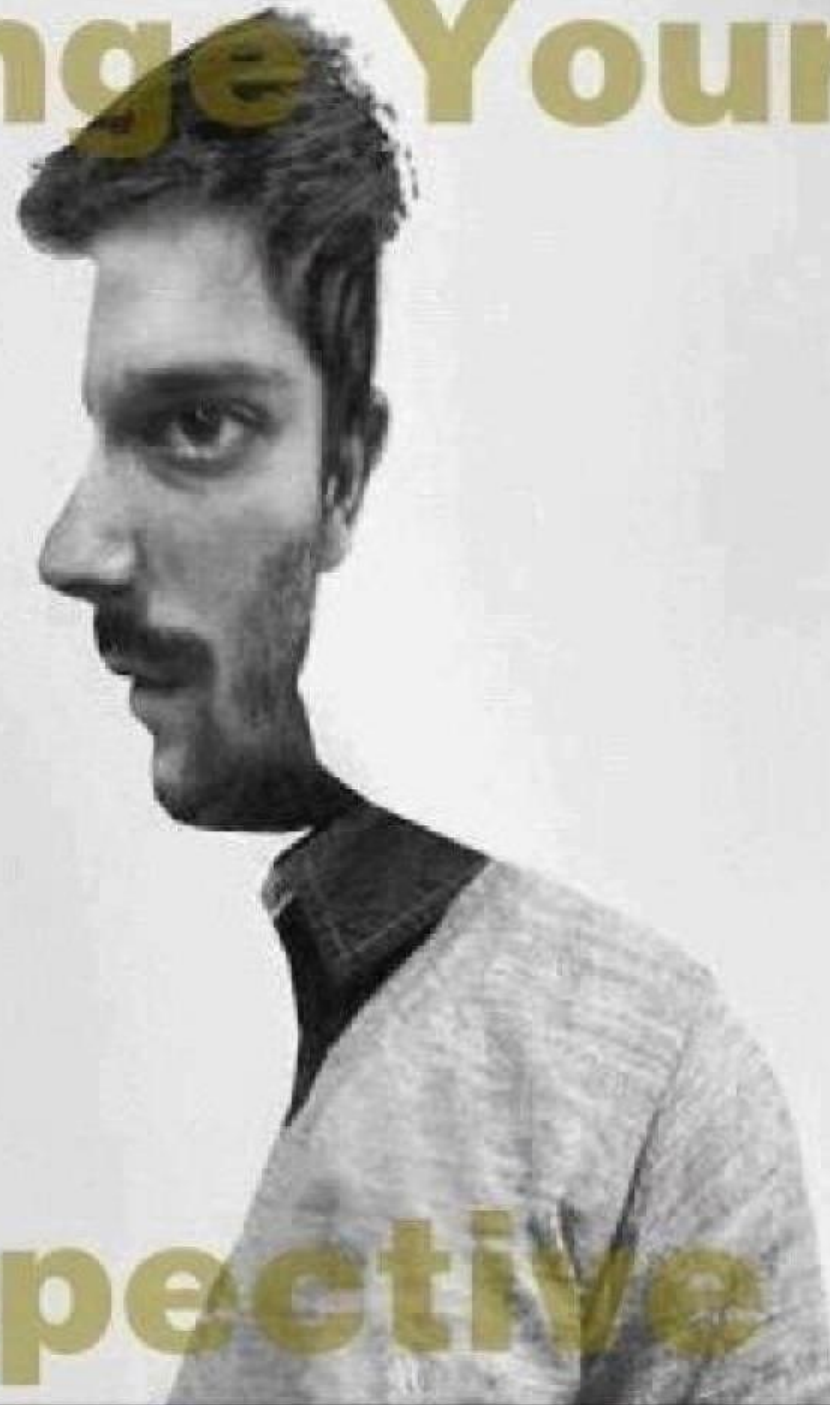
Source: <https://www.youtube.com/watch?v=6hOGrN2sbIE&t=4s>

Avoidant Attachment Assessment

Turn to your neighbor and discuss a point that stand out for you.

1. **Communication Perception:** What is causing me to feel emotionally distant from my partner?
2. **Insecurity Perception:** What is blocking me from feeling safe enough to allow my partner in?
3. **Attachment Perception:** What triggers are preventing me from connecting with my partner?

Change Your



Perspective

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Solution Assessment

“I Can Do Better!”

Based on your previous assessment, place yourself in the other person’s position and come up with a different insight on your perception.

- 1. Communication Perception:** What can I do to feel more emotionally engaged with my partner?
- 2. Insecurity Perception:** What can I do to feel safe around my partner?
- 3. Attachment Perception:** What can I do when my avoidant triggers rear its ugly head...so that I do not disconnect from my partner?

In Summary

“Know that you can have a sense of harmony, which is not the same as having a sense of sameness, but you can have a sense of harmony even in the midst of your differentness. As you come to one another, that’s how you honestly are trying to approach each other. You can find that this [your] relationship can have success.”

Dr. Les Carter, 2017

IT'S TIME TO RESET
YOUR THOUGHTS!



References

Carter, L. (2017). The avoidant partner: How To Respond When Your Partner Is Evasive. Retrieved from <https://www.youtube.com/watch?v=6hOGrN2sb1E>

Holmes, B. M. & Johnson, K. R. (2009). Adult attachment and romantic partner preference: A review. *Journal of Social and Personal Relationships* 26(6-7):833-852. DOI: 10.1177/0265407509345653

Positive Psychology Program (n.d.). 7 ways to improve communication in relationships. Retrieved from <https://positivepsychologyprogram.com/communication-in-relationships/>