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Good Communication Can Strengthen Relationships

(KAIR)--Improving communication between friends and loved ones is the key to maintaining strong relationships, and is even more important when conflicts arise.

That, according to K-State Research and Extension Family Systems Specialist Charlotte Shoup Olsen, who adds that listening to someone is often the most important part of communication, but it is not easy because we want to get our opinion heard, and listening to that other person can be tough.

Olsen says that to best communicate with a family member, try to keep it from turning into an argument, which can occur when one person feels they have to win the argument. But often, we have to think of the interaction as a win-loose situation. If the relationship is important, is it really that important for you to win the argument, or can a solution be found that can make it a win for everyone involved?

Olsen says that what's really at play when communicating with a loved one, is treating them with respect. Lack of respect can really hinder communication.

More information on improving family communication is available at your local county or district Extension office and at the Extension website ksre.ksu.edu.

Many Signals Communications