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*Communication Tips*

1. Do not respond in anger. Use your brakes and dial it down. If angry, leave the room, if possible, and return to talk once the anger has subsided.
2. Articulate your needs and wants clearly. Do not take your spouse for granted. Remember, they are not mind readers. Be as specific as you can.
3. Show gratitude. Try to do one thing a day you know your spouse would appreciate.
4. Explain what is bugging you in a non-accusatory manner. Do not lecture, criticize or pontificate. This just breeds resentment.
5. Discretion and editing is okay sometimes. No relationship can withstand one-hundred percent honesty. Not everything needs to be expressed or shared.