

WORKBOOK

# **TRUCKERLIFE**

HOW TO THRIVE IN YOUR RELATIONSHIP



# keeping communication **STRONG**

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## what's best for the team?

Everyone has their own perspective and needs. Often in relationships you need to get outside yourself and consider your partner's perspective and needs as you work toward what is best for you both as a team.

## talk about talking

How will you communicate when you are on the road? How can you use technology to stay in touch and stay connected? Keep in mind these important parts of the day: when you wake up, when you go to bed, when you leave for work and when you return from work.

Communication helps you stay and feel connected. Lack of communication leads to feeling and becoming disconnected. People may say that "absence makes the heart grow fonder," but the reality is that absence can make the heart wander. Good, intentional, consistent communication can help you stay connected at home and on the road.

The deeper you go as you communicate, the riskier it is to be vulnerable honest, and transparent with your partner. Deeper levels of communication require trust and feeling like it is safe for you to be open and honest. It also takes time to develop good communication patterns.

**REMEMBER:** *Healthy people ask for what they need!*

ask these

# QUESTIONS



1

How do you and your partner communicate when you are home?

2

How do you communicate when you are on the road?

3

How does being on the road impact how you communicate?

4

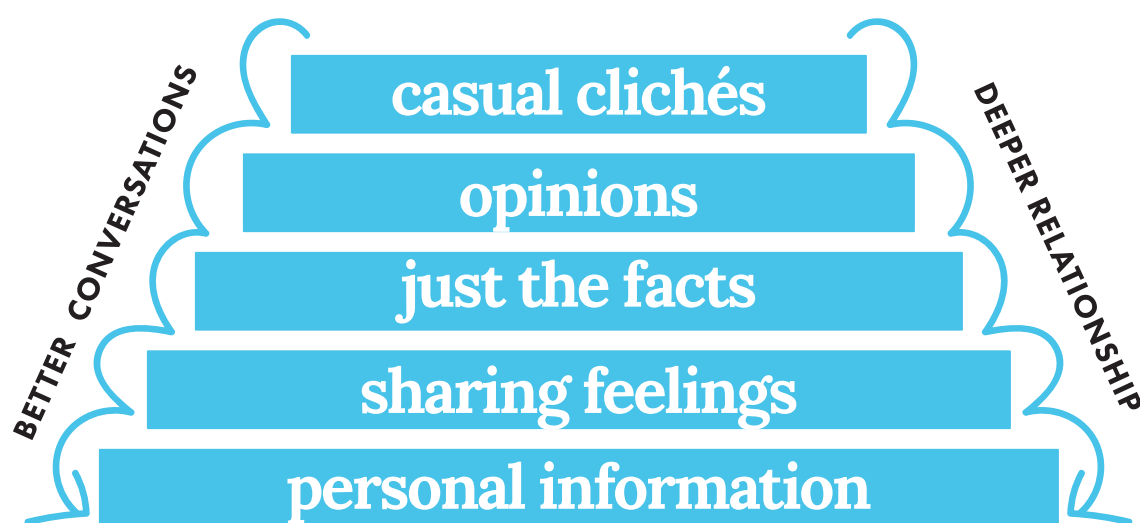
What are your biggest communication challenges in your relationship at the moment?



Pick a time to talk that is good for BOTH of you. Clearly state what you need to talk about. Try to use “I” statements instead of “You” statements. (I need, I feel, I want) Work to reach a conclusion and set goals as you move forward.

the levels of

# COMMUNICATION



The ultimate goal is

**TO BE ABLE TO HAVE HONEST AND OPEN  
COMMUNICATION BETWEEN YOU & YOUR  
PARTNER.**

FOR MORE INFORMATION AND TIPS TO STRENGTHEN YOUR RELATIONSHIPS, CHECK OUT:

**FIRSTTHINGS.ORG**

