

Effective Communication Techniques for Dealing with Difficult In-Laws

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Understanding Communication Skills and Technics

Effective Communication Techniques for Dealing with Difficult In-Laws ???

Having a strained relationship with your in-laws can be a challenging situation to navigate. However, by employing effective communication techniques, you can build a stronger and more harmonious relationship with your difficult in-laws. As a relationship expert, I have compiled a list of 15 communication skills that can help you overcome this hurdle. Let's dive in! ?

1 Active Listening: Pay attention to what your in-laws are saying, and show genuine interest in their thoughts and feelings. Repeat back their concerns to ensure understanding.

2 Empathy: Put yourself in their shoes and try to understand their perspective. Validate their feelings and show them that you care about their concerns.

3 Use "I" statements: When expressing your own feelings or concerns, use "I" statements instead of blaming or accusing language. For example, say "I feel hurt when..." instead of "You always make me feel..."

4 Choose the right time and place: Pick a calm and neutral environment to have conversations with your in-laws. Avoid confrontations in public or during family gatherings.

5 Stay calm and composed: It's crucial to remain calm, even when faced with difficult or hurtful comments. Take deep breaths and respond in a respectful manner.

6 Set boundaries: Clearly communicate your boundaries and expectations with your in-laws. Let them know what behavior is acceptable and what is not.

7 Use humor: Humor can defuse tense situations and help create a more relaxed atmosphere. Use appropriate jokes or light-hearted comments to lighten the mood.

8 Validate their concerns: Show empathy and understanding towards your in-laws' concerns, even if you may not agree with them. Let them know that their opinions are heard and respected.

9 Find common ground: Look for shared interests or experiences that can bring you closer to your in-laws. Engage in activities that you both enjoy to strengthen your bond.

? Avoid negative assumptions: Don't jump to conclusions or assume the worst about your in-laws' intentions. Give them the benefit of the doubt and approach conversations with an open mind.

11 Use non-verbal cues: Pay attention to your body language and facial expressions when communicating with your difficult in-laws. Maintain eye contact, smile, and use open gestures to convey warmth and openness.

12 Practice assertiveness: Express your needs and opinions confidently, without being aggressive or passive. Speak up for yourself and address any issues directly.

13 Seek professional help if necessary: If your relationship with your in-laws continues to be strained despite your best efforts, consider seeking the assistance of a relationship counselor or therapist.

14 Foster open communication: Encourage your in-laws to express their thoughts and concerns openly. Create a safe space where they feel comfortable sharing their feelings.

15 Show appreciation: Express gratitude for any positive actions or efforts made by your in-laws. A simple "thank you" can go a long way in building a more positive relationship.

Remember, effective communication is a two-way street. It's essential to not only focus on your own communication skills but also be receptive to your in-laws' efforts. By applying these techniques and being patient, you can improve your relationship with your difficult in-laws and create a more loving and supportive family dynamic. What other techniques have you found helpful in dealing with difficult in-laws? Share your thoughts below! ??