

counselling | workshops | mentoring
Personal Freedom



Communication in Relationships

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A Personal Note from Pamela -Personal Freedom

Thank you for downloading this e-book.

As an Individual and Relationship counsellor, I have consistently seen people struggle with communication in relationships, with family, friends and colleagues.

I have put together this e-book to share some valuable communication Do's and Dont's that I have shared with my clients over the years.

I hope you find them useful! Please feel free to reach out if you would like further help or would like to be involved in one of our workshops.

Pamela England



Communication Do's and Dont's in your Relationship

Partner, Parent, Sibling, Friends, Family, Colleagues

DO **DONT**



Communication No, No's



- Keep talking when you are angry
- Follow the other person around when they are trying to walk away from the situation
- Raise your voice to the other person

- Blame the other person
- Put someone down as a response
- Roll your eyes or tisk the other person






- Assume you know what the other person is saying
- Assume you know what the other person is feeling
- Pre-empt the response from the other person

- Take jabs at the other person
- Defend yourself
- Point your finger at the other person



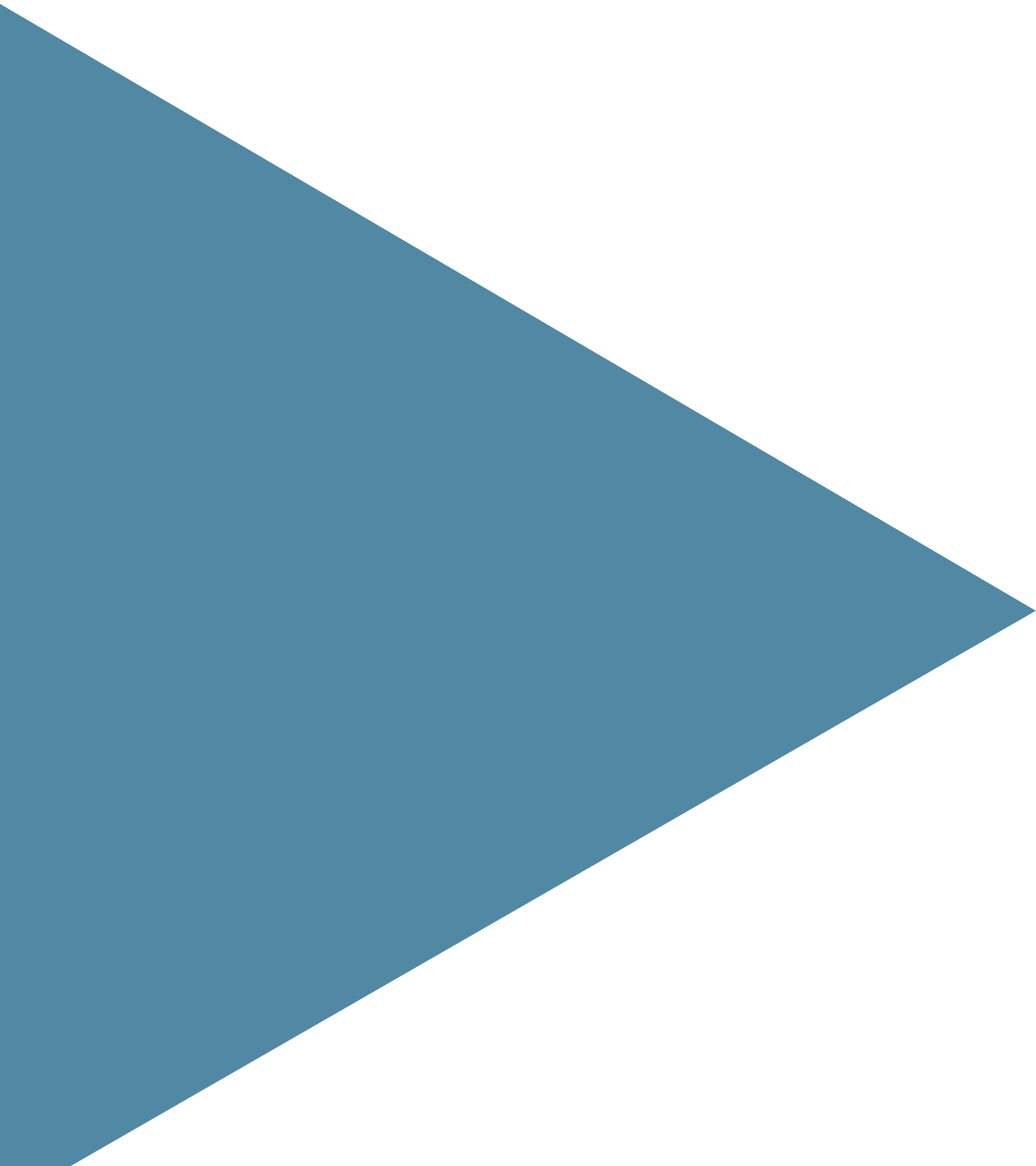
- Don't go to battle when communicating
- Don't hold on to problems
- Don't avoid communicating with the other person



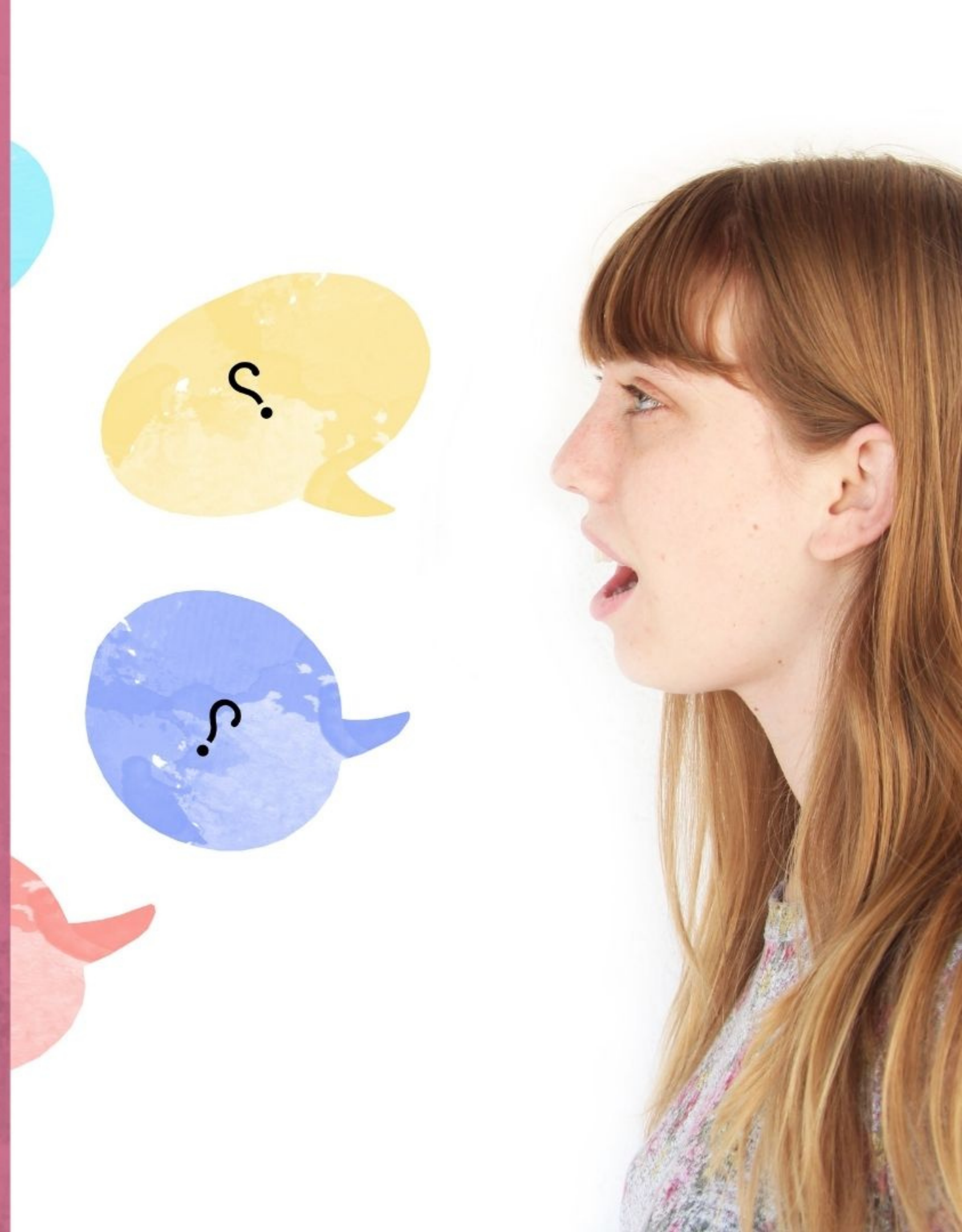
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- A composite image featuring two women. On the left, a woman with long, wavy hair is shown in profile, shouting with her mouth wide open and hands raised in a gesture of anger or protest. On the right, a woman with long, dark hair is shown from a three-quarter view, looking down with a distressed expression, her hands covering her face as if crying. The background is dark and textured.
- Take things personally
 - Let your pride get in the way
 - Let your ego get in the way
 - Let your past baggage get in the way

Good Communication Habits

- Talk Calmly
- If you are getting angry/escalating, calmly tell the other person you need time out to process your feelings. Walk away, calm down, collect your thoughts and come back within 24 hours to discuss the matter again from a calmer perspective.
- Communicate calmly and openly about your concerns or fears

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- Make sure you are in a comfortable un-interrupted space when having in depth discussions
 - Allow un-interrupted time to have the conversation with the other person

- Ask any questions you may have, to help you clarify what is being communicated
- Listen to what is being said and try to understand where the other person is coming from
- Be honest about how you are feeling about what is being said e.g. Fearful, concerned, uncomfortable





- Ask for help to find a solution that you are both comfortable with
- Hear what is being said without making judgements
- Hear what is being said without holding on to specific words to defend yourself with
- Come from a positive, respectful and loving vibration when communicating



- Always look the other person in the eye
- Keep an open respectful body language



- Reiterate what has been said so you are clear
- Confirm the solutions that you have come to with the other person at the end of the conversation so you are clear you are both on the same page

We don't all think/process the same

4 different personality types

This has been none since the days of Hippocrates, yet unfortunately still not acknowledged and taught in mainstream.

The personality types are identified by different names by different modalities.

I work with the personality types of Intuitive, Vision, Prophecy,
Feeler

Intuitive

- They need facts. They do not work well with a lot of details. They communicate just the facts and when they are listening, if there are too many details, they tune out entirely.
- They understand what is being shared by specific words, phrases or thoughts.
- They tend to be creative in their solutions to problems because they like original ideas and actions rather than traditional ones.
- They have great inner respect for themselves and others.
- They are more original than conventional
- They are frank, honest and direct in their dealings
- They are fair and respect everyone's free will
- When an Intuitive is under pressure, they do not want to be touched, they prefer to be left alone to sort out their thoughts.



Visionary

- The Visionary personality type need to see things through pictures or symbols.
- They need a lot of detail and color in the detail so they can form a picture in their mind.
- When something seems unconventional or goes against tradition, this personality type may begin to feel uncomfortable.
- They are able to organize easily and love to arrange things so that there is balance and harmony in their environment.
- They may have a photographic mind that can easily remember names, dates and places that they have only seen once, if it is of interest to them.
- They may not have seen someone for some time but they are able to play a movie over in their mind of the last time they interacted.
- This personality likes to be neat and organized.
- Can be negative and judgmental when under pressure



Prophecy

- A Prophetic personality type will communicate through inner knowings.
- They cannot explain how they know what they know, they just know.
- As a prophetic personality type, they have a strong concern for the future.
- They plan ahead and can carry projected programs through to successful completion.
- Is sensitive and opens to the bigger picture
- Maintains a solid awareness of others feelings and motivations
- Can handle pressure and logically correct problems
- Has a sense of inner security and keeps things light and bubbly
- Personal expression is clear, accurate and dependable
- Responsive to others and senses when someone is out of balance
- They can be quite airy when under pressure.
- Need to keep grazing during the day to keep grounded.



Feeling

- Patience and the ability to concentrate, helps them notice little things that other people miss.
- When they understand the overall picture, they will fill in all the details with ease.
- Once they have a feeling for a project they will dedicate themselves to achieve great accomplishments.
- The feeling gift will pick up impressions by the way things feel to them. Because of this, they love to touch people, things, animals – in fact anything that feels good to them.
- Because of the energy that pours through their hands, they can be a healing to others and can help people relax merely by touching them.
- Because they are highly sensitive, it is very important that they know how to recognize their own feelings from those that don't belong to them.
- They can have a feeling with a situation and then become a part of it
- Have an inner sensitivity of how to deal with almost any situation
- They are very patient, with the ability to concentrate and work with details
- A powerhouse of energy and outgoing and friendly
- Easily channels empathy for others into practical use
- When a Feeler is under pressure, they can feel overwhelmed and respond well to touch.



1st Personality Type

Your 1st gift is your most prominent personality type
You receive and understand communication through
your 1st personality type

2nd Personality Type

You gain a deeper understanding of what is being
communicated through your second personality type

3rd Personality Type

Your third personality type further processes your
understanding

4th Personality Type

You communicate it to others via your 4th personality
type



1000-A

TYPES OF PERCEPTION ORIENTATION PROFILE

NAME _____
 DATE _____ CONSULTANT _____
 THIS GENUINE PROFILE SHEET IS INCLUDED IN YOUR PROFILE

TYPES OF PERCEPTION

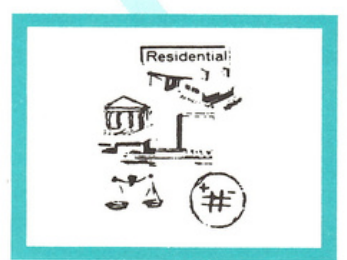
PROPHETIC _____
 TRANCE
 INNER KNOWING

VISIONARY _____
 CLAIRVOYANT
 PHOTOGRAPHIC
 MIND

INTUITIVE _____
 DISCERNING
 MENTAL
 CLAIRAUDIENT

FEELING _____
 HEALING
 AUTOMATIC WRITING
 PSYCHOMETRY

REMARKS



A simple profile will identify your Personality Order.

Understanding this order and that of the significant people in your life can help you to gain a deeper level of communication and understanding.

Make an appointment with Pamela for your profile!



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Thank you for sharing today

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