

# public forum

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# Effective communication is key to positive relationships

By Nassim Sana

Special to the Independent

I'm a firm believer that without communication our lives would be meaningless.

The possibilities we create in our relationships are based on how we choose to express our thoughts and feelings. We communicate with people in our lives daily, but the question is how effective is our style of communication?

Most of us have amazing and elaborate conversations in our mind. We think, make assumptions, strategize and then try to execute and verbalize those thoughts in to what we think are the effective responses.

As a result, for a while we feel heard and understood, until we begin to see the same concerns and topics arise again.

In my opinion, one of the reasons we continue to express ourselves the same way is because as human beings the first interactions we are exposed to is how our family members communicate with us.

For example, as children we watch and observe how our parents and family members talk

## GUEST Commentary

Nassim Sana



with one another. Based on those interactions we may make the decision whether we approve or disapprove of that communication approach.

Another thing could be related to the results we gain with how we communicate. For instance, if one grows up acting out, throwing tantrums and learns that this way of expressing one's self is beneficial, then that continues to get utilized with minimal positive results. Step by step until adulthood we continue to utilize various communication tools based on what results those interactions have produced for us.

This is where we begin to feel unheard, disrespected, frustrated and make statements like "no one understands me". This can lead to human beings feeling alone like living on an island.

When in fact we all have the

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In addition, we offer a "right of reply" to the people about whom we write. Readers who disagree with the content of a news story or the way it was handled or edited are welcome

to respond with a letter to the editor or guest commentary and all such letters will be given priority over other submissions.

We invite readers to call our newsroom at 623-445-2777 to report an error. Readers may also e-mail their comments to [nscottsdale-news@newszap.com](mailto:nscottsdale-news@newszap.com).

need to feel heard, understood and respected. So let's talk about some simple steps in how you can create that for yourselves.

Before having an important conversation, take an honest look at how you are in integrity with yourself, the other person and the topic at hand. You may ask why it would be important to do this, right?

This is an essential piece to healthy communication.

Creating a space for integrity will help you have a clear commitment to the issue you're working through. If you enter the space

of communicating attached to a certain outcome, be assured you will not be heard, understood or respected.

When we are attached to the subjected we are conveying, "I'm right and my way is the only way." This makes the person we are communicating with hear a "no," that they don't matter and nothing they say or do makes a difference.

You have automatically made them wrong and pushed them into a corner.

At this point, it is very easy for

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## At Your Service

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The Scottsdale Independent is published weekly and distributed to 15,000 Scottsdale homes in the area between Indian Bend Road to the south, and Frank Lloyd Wright Boulevard to the north.

### To submit News

**Submission:** The Independent welcomes submissions from its readers. Items can be emailed to [nscottsdalenews@newszap.com](mailto:nscottsdalenews@newszap.com) or posted online.

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Email: [inclassads@newszap.com](mailto:inclassads@newszap.com)  
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### To place a retail advertisement

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## We Pledge ...

- To operate this newspaper as a public trust
- To help our community become a better place to live and work, through our dedication to conscientious journalism.
- To provide the information citizens need to make their own intelligent decisions about public issues.
- To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- To disclose our own conflicts of interest or potential conflicts to our readers.
- To correct our errors and to give each correction the prominence it deserves.
- To provide a right to reply to those we write about.
- To treat people with courtesy, respect and compassion.

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The Independent is published by Independent Newspapers of Arizona. Independent is owned by a unique trust that enables this newspaper to pursue a mission of journalistic service to the citizens of the community. Since no dividends are paid, the company is able to thrive on profit margins below industry standards. All after-tax surpluses are reinvested in Independent's mission of journalistic service, commitment to the ideals of the First Amendment of the U.S. Constitution, and support of the community's deliberation of public issues.

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