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“Two monologues do not make a dialogue.” -Jeff Daly-

Do you sometimes feel that you and your partner talk *at* each other versus *with* each other? If this is happening, you and that person are probably not feeling heard or understood by the other, defensiveness rises, problems aren't getting resolved and anger or resentment begins to fester. Problems in a relationship are rarely about the actual issue, they are more about how you and the other person *communicate* about the issues.

If you are finding yourself struggling with communication issues in any personal or work relationship, assistance is only a call away. Your Employee Assistance Program offers no cost and confidential counseling for individuals, couples and families for relationship or communication difficulties.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.



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