

Trainer Tip: If It Ain't Broke, Don't Fix It with Mary Mackenzie

*Not knowing when the dawn will come
I open every door.
—Emily Dickinson*

Have you heard the saying, "If it ain't broke, don't fix it"? Communication is like that too. Don't try to adjust your communication and behaviors if they already work for you. However, if you are struggling in your relationships, the chances are good that how you communicate is part of the problem. It may even be the biggest part.

I used to think communication meant the way I talked to people. Consequently, because I was bright and articulate, I didn't think I needed to learn more about it. What a misconception that was! After several years learning and teaching Nonviolent Communication, I know now that communication is the totality of how we express ourselves. It includes our use of words, our inner voice, our body language, our attitudes, and the way we view life. All of these affect our communication and our ability to interact with others and with ourselves. A shift in any aspect of our communication can affect the way we present ourselves and the way others perceive us.

If you suspect that you could learn more about how to communicate, consider learning Nonviolent Communication. It is a way of living that has had a dramatic impact on thousands of people worldwide.

Be aware today if your communication with yourself and other people is as satisfying as it might be.

This trainer tip is an excerpt from Mary Mackenzie's book [Peaceful Living, available from Puddledancer Press](#).