When we have relationships with people, it’s like we’ve choreographed a dance routine together. Each person has learned the steps of the other and has their own steps that fall in sync. Even if our dance isn’t “working” and we’re not happy with it, keeping our steps the same will keep the choreography the same. If we want to see changes in the communication in the relationship, we must be willing to change our steps in the dance and try something different. This doesn’t mean the transition to the new dance is going to go smoothly! The steps to this choreography are likely well-rehearsed, and so when we decide to try some new steps, it would be pretty normal for that to create a bit of chaos on the dance floor. We might bump into one another or step on some toes before a new (hopefully more satisfying) dance emerges.

