



What Causes Communication Breakdowns?

One Thing to Remember: Communication breakdowns often occur when one or both partners feel misunderstood or unseen.

Communication Breakdown in Relationships: A Neuroscientific Perspective

Neuroscience reveals that our brain networks—the Default Mode Network (DMN), Salience Network (SN), and Central Executive Network (CEN)—play crucial roles in these dynamics:

- 1. The DMN**, involved in self-referential thinking, can become hyperactive during periods of unresolved emotions, leading to rumination (*e.g. constantly replaying a past argument in your mind*).
- 2. The SN**, which prioritizes emotional stimuli, may cause heightened reactivity when fears and frustrations are high (*e.g. snapping at your partner over a minor issue because it triggers deeper insecurities, or fears*).
- 3. The CEN**, responsible for cognitive control, struggles under increased cognitive load, hindering effective problem-solving and communication (*e.g. being unable to articulate your thoughts clearly during a heated discussion due to overwhelm*).

One Thing to Try: Schedule a weekly "listening session" where each partner speaks for five minutes without interruption, while the other listens attentively. This practice can help regulate the DMN and improve mutual understanding.

Over to you.

Aidyn and NX10 Team

At Nx10, we're on a mission to harness data on brain function to extend and enhance good quality life years. Imagine a future where everyone enjoys a longer, healthier quality life - that's our vision!

P.S. Got Questions? We're all ears!

P.P.S. Know someone who could benefit from Nx10 newsletter? Forward it to them!

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