

COMMUNICATION

I What is it?

1. It is that verbal and non-verbal means by which two people express their ideas and feelings to each other honestly and in a responsible way.
2. Five levels of communication:
 - (a) Cliché
 - (b) Third person
 - (c) Facts, ideas and opinions
 - (d) Feelings
 - (e) Total communication

II Why is it such a big problem?

1. Different _____ backgrounds
2. Different levels of daily _____
3. Unresolved _____
4. Unrealistic _____

III Why is it important?

1. Love can't _____ without it
2. Women can't respond _____ without it
3. Necessary for harmony and _____

IV How do we do it?

1. Be vulnerable – share your _____
2. Be _____ – no “garbage dumping”
3. Be a good _____ (intently, patiently, suppress your ego, with concern)
4. Read the Bible and _____ together (also other good books)

RESOLVING CONFLICT

- I Be committed to the importance and _____ of resolving the conflict
Genesis 13:8 – “...*Let's not have any quarreling between you and me...*”

(see also Philippians 1:27; Romans 15:5,6; Philippians 4:2)
- II _____ your own heart to see *your* part in the problem
Matthew 7:5 – “...*first take the plank out of your own eye...*”
- III Take the _____ to discuss the problem honestly and responsibly with your mate
Matthew 5:24 – “... *First go and be reconciled...*”

(see also Matthew 18:15 and Ephesians 4:15)
- NOTE: *Never* discuss the problem with someone who is neither part of the problem nor part of the solution. A godly Christian counselor might be of help (see: Titus 3:10; Proverb 6:16, 19; Psalm 15:3; Matthew 5:9)
- IV _____ *your* part in the problem
Luke 15:21 – “... *I have sinned...*”

(see also James 5:16)
- V _____ the other person

- even if they don't see or acknowledge their fault!
- even if they don't ask for it.

Ephesians 4:32 – “*Be kind and compassionate ... forgiving each other...*”

(see also Matthew 6:14, 15; Hebrews 12:14, 15)
- VI (Both, if possible) make every effort to develop a new relationship of _____
Romans 12:18 – “... *as far as it depends on you, live at peace...*”

(see also Luke 3:8a; Matthew 5:43-48)

I BELIEVE . . .

I believe that we don't have to change mates if we understand that mates change.

I believe that no matter how good a mate is, he or she is going to hurt you sometimes and you must forgive them.

I believe that you can do something in an instant that will give you heartache for life.

I believe that it is taking me a long time to become the person I want to be.

I believe that you should always leave loved ones with loving words. It may be the last time you see them!

I believe that you can keep on going long after you think you can.

I believe that we are responsible for what we do, no matter how we feel.

I believe that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place. (character!)

I believe that heroes are the people who do what is right regardless of the consequences.

I believe that just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.

I believe that our background and circumstances may have influenced who we are, but we are responsible for who we become.

I believe that credentials on the wall do not make you an admirable person.

I believe that people you care about most in life are taken from you too soon.

IMPROVING YOUR COMMUNICATION SKILLS

WRONG WAY:

"I knew you'd say that!"

"You make me so mad!"

"You're not doing it right."

"Why don't you ever listen to me?"

"That's it ... I'm leaving."

"Nothing's wrong ... what makes you think something's wrong?"

"You always take the kid's side."

"How could you do that to me?"

"You never care about what I think!"

"You always give me one-word answers. I can't have a decent conversation with you."

"You're so stingy. You never want me to spend a cent!"

RIGHT WAY:

"You've said this before, so it must be bothering you."

"It upsets me when you do (or say) that."

"You're doing a great job but how about trying it this way?"

"This is really important to me."

"That makes me feel like leaving."

"You're right, something's wrong. Can we talk about it?"

"We need to agree more as a parenting team."

"That hurt my feelings. Why did you say that?"

"Sometimes I feel like you are not interested in what I think."

"I'd like to interact more in conversation with you. I want to know how you think and feel."

"Maybe we could set up a budget so I know how much to spend on family needs."