



Communications, Part I

Proverbs 12:18: “ Reckless words pierce like a sword, but the tongue of the wise brings healing.” (NIV)

James 1:19-20: “My dear brothers, take note of this: Everyone should be **quick to listen, slow to speak** and slow to become angry, for man's anger does not bring about the righteous life that God desires.” (NIV)

Three Channels of Communication

Guess

Real

_____ _____ Words that are spoken (verbal)

_____ _____ Paralinguistic (the way the words are said)

_____ _____ Facial expressions & non-verbals

Rules of the eyes and the “I”s

Make frequent _____ with your spouse when you are communicating.

Talk about _____, not about _____

Proverbs 18:13: “He who answers before listening - that is his folly and his shame.” (NIV)

Essential elements of active listening

- Only one person talks at a time
- The sender looks for cues that the message is being received
- The receiver gives periodic feedback
- Summarize what the sender said.
- Messages are delivered in bite-sized chunks

Rules for using the talking stick

- Whoever has the talking stick gets to talk; the other person gets to actively listen.
- Talk about your yourself, not about your spouse
(Make “I” statements)
- You cannot “hog” the talking stick (1 - 3 minutes max).
- When you are done with your time, set the talking stick down for your spouse to pick up when they are ready.
- You cannot steal the talking stick
- Remember to use “Time Outs” if necessary