



Welcome to
heart-to-heart



Bridging the Communication Gap, in *Marriage* and Beyond

Week 4 | 11.10.10

ONLINE RESOURCE:

Mind Tools: Essential Skills for An Excellent Career

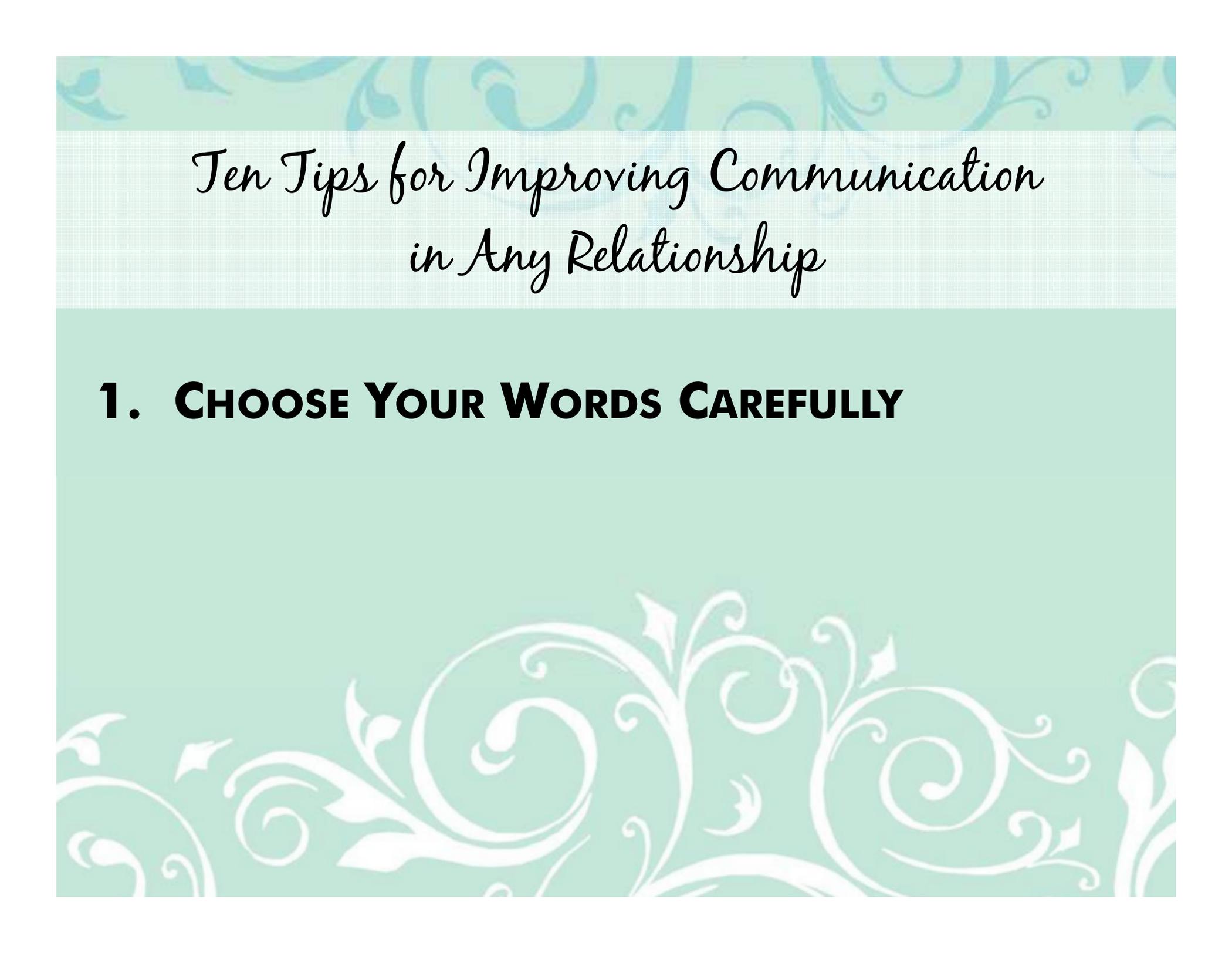
“Effective communication...involves effort from both the sender of the message and the receiver... communication is only successful when both the sender and the receiver understand the same information as a result of the communication.”



WE CAN ONLY CONTROL ONE PERSON –
OURSELVES!

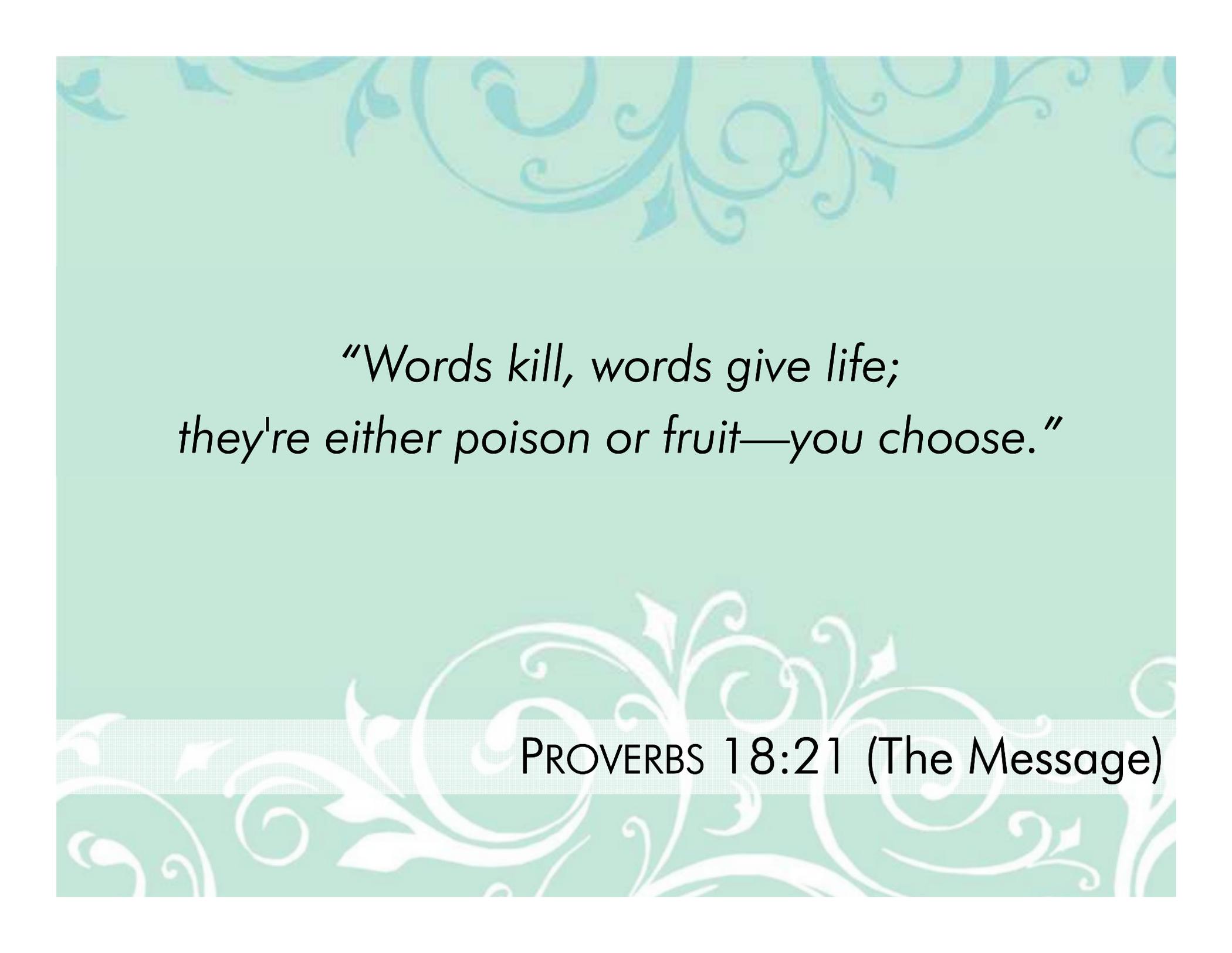
"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."

PHILIPPIANS 1:9-11 (NIV)



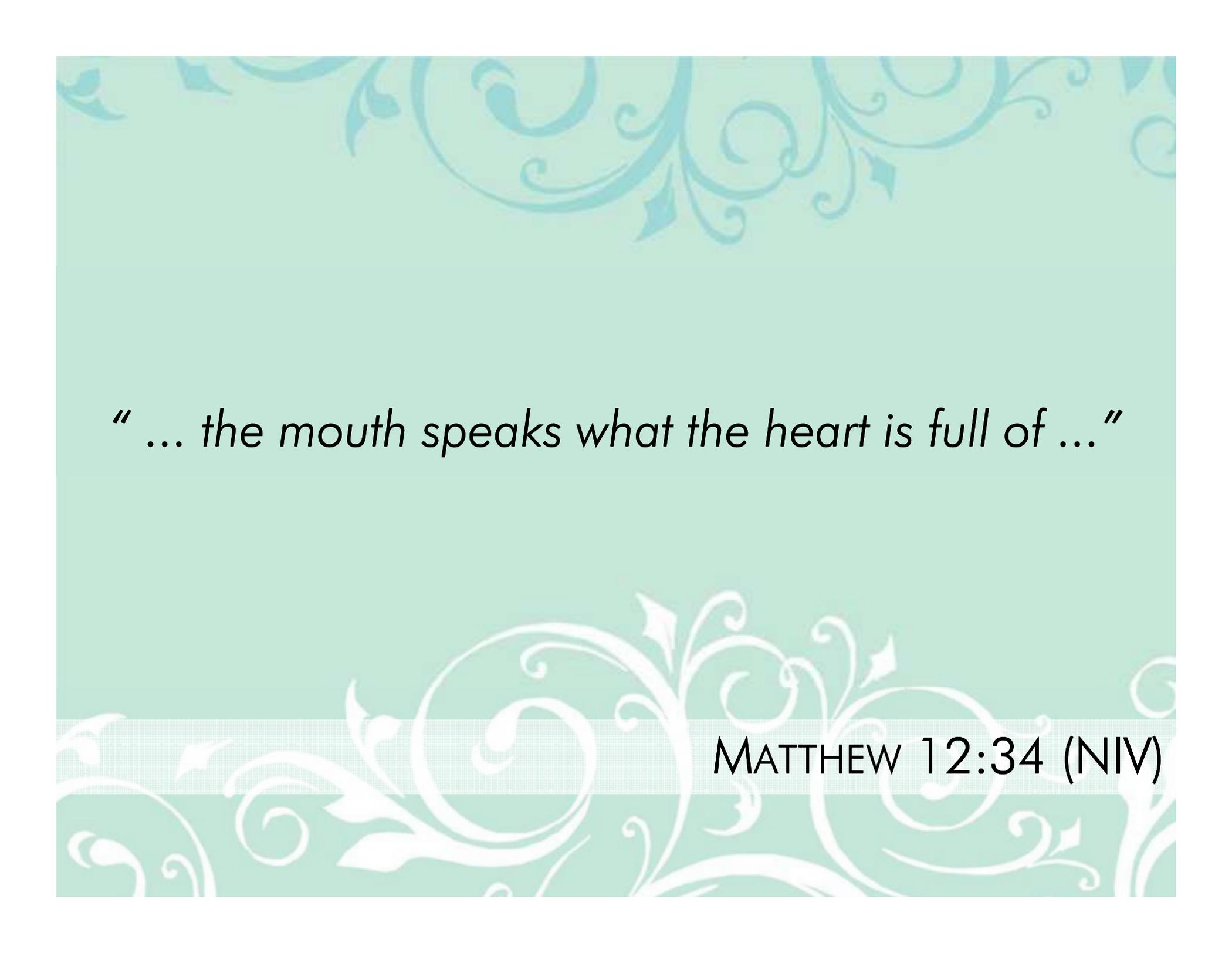
*Ten Tips for Improving Communication
in Any Relationship*

1. CHOOSE YOUR WORDS CAREFULLY



*“Words kill, words give life;
they're either poison or fruit—you choose.”*

PROVERBS 18:21 (The Message)



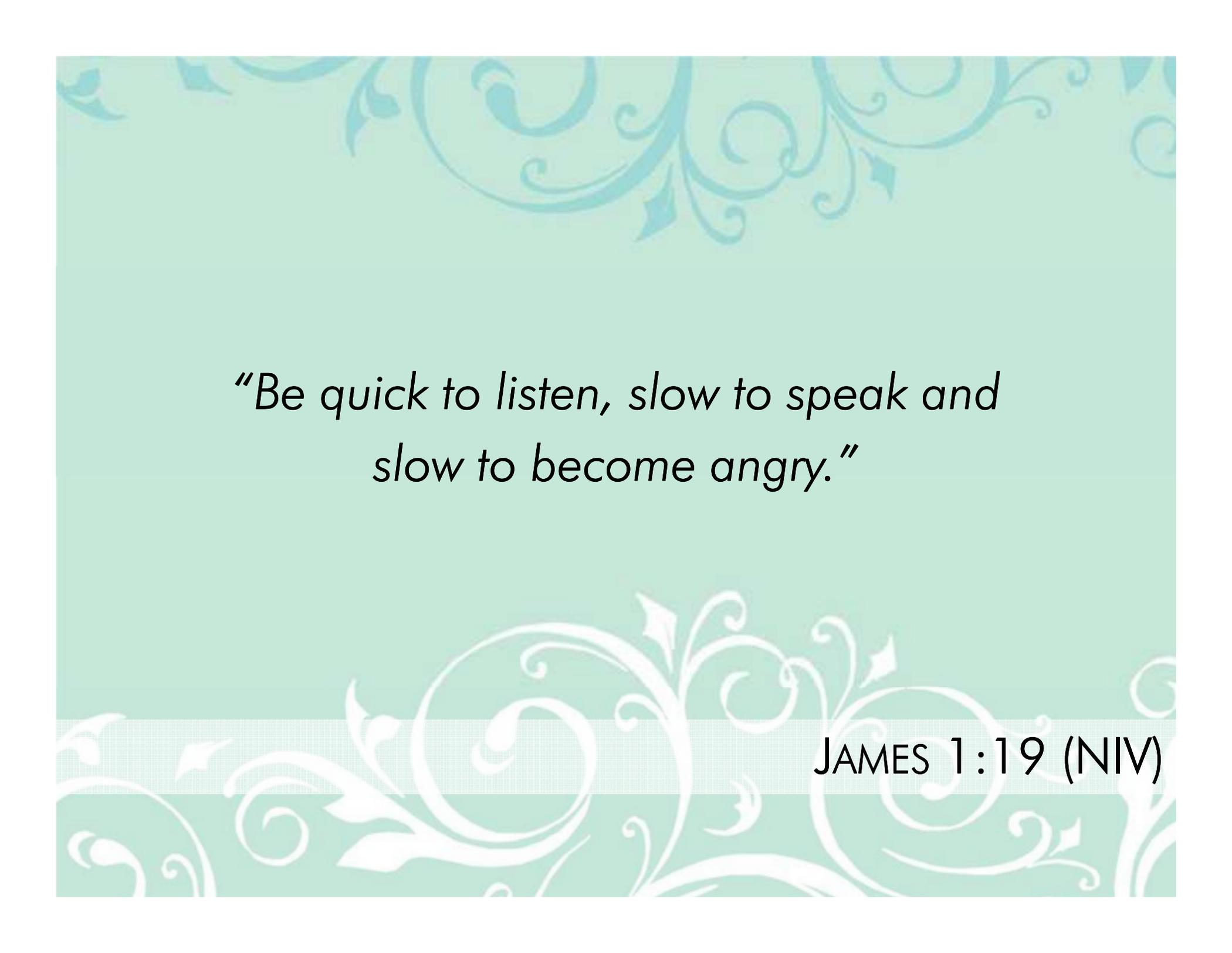
“ ... the mouth speaks what the heart is full of ... ”

MATTHEW 12:34 (NIV)



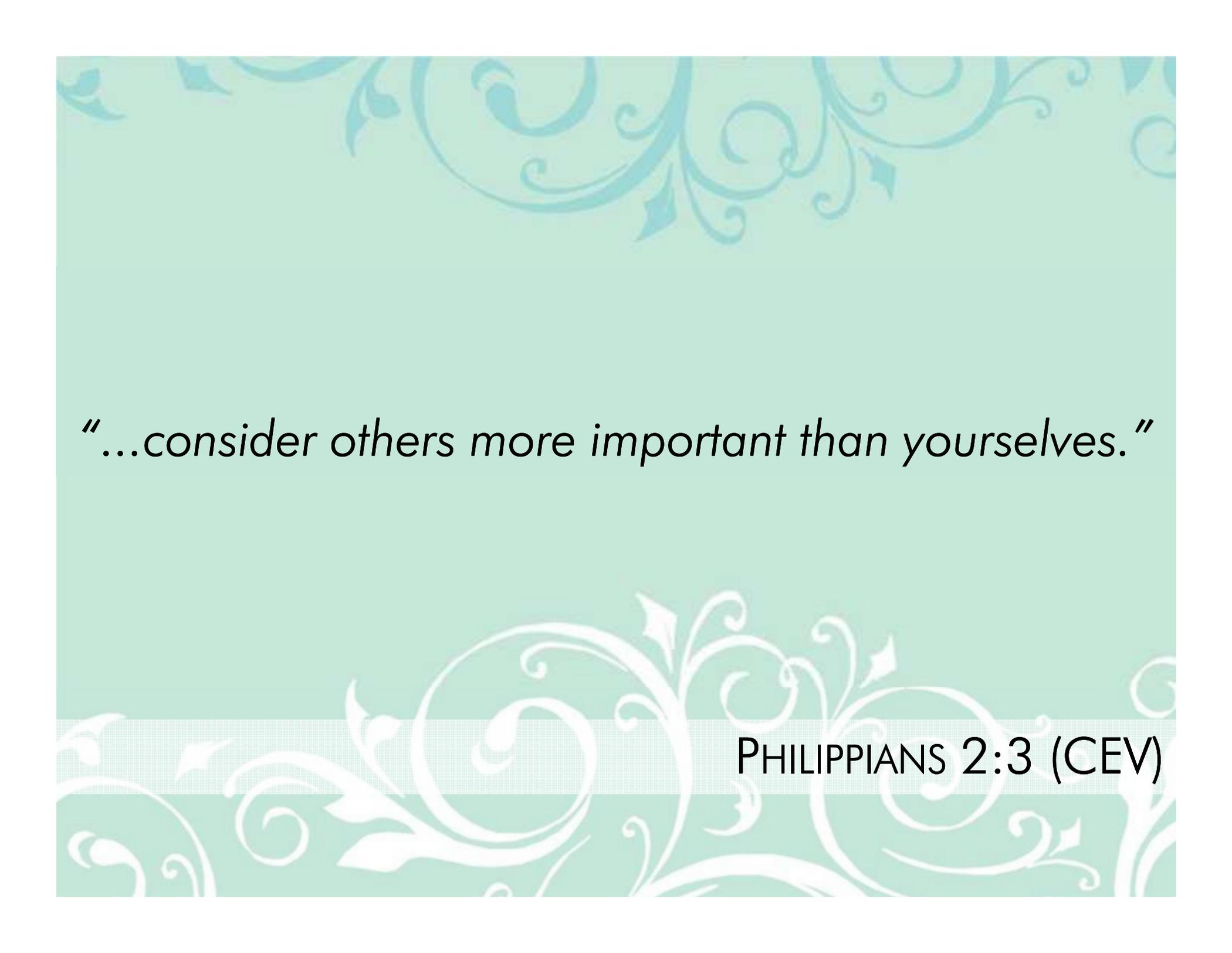
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2. GIVE THE GIFT OF LISTENING



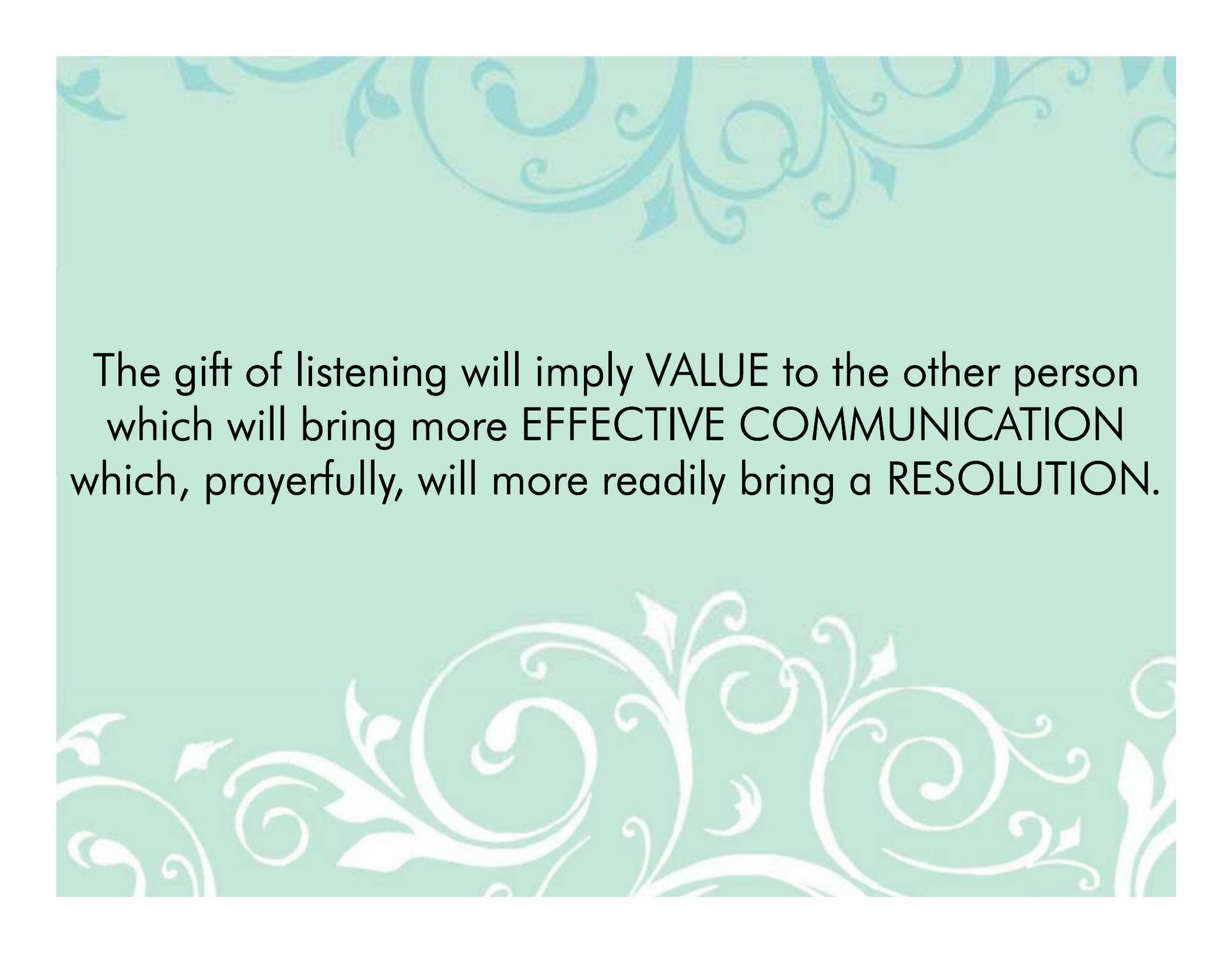
*“Be quick to listen, slow to speak and
slow to become angry.”*

JAMES 1:19 (NIV)



"...consider others more important than yourselves."

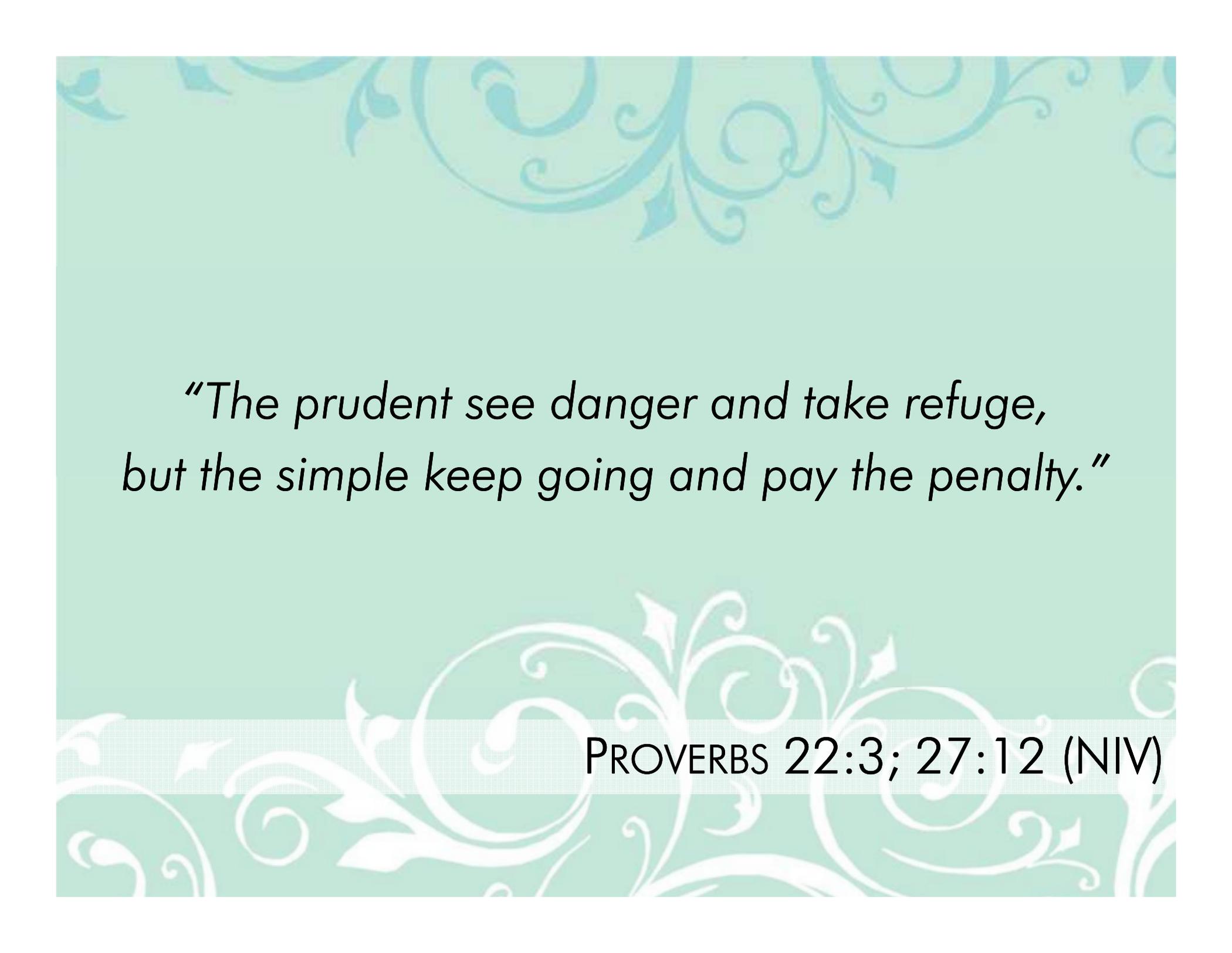
PHILIPPIANS 2:3 (CEV)



The gift of listening will imply VALUE to the other person
which will bring more EFFECTIVE COMMUNICATION
which, prayerfully, will more readily bring a RESOLUTION.

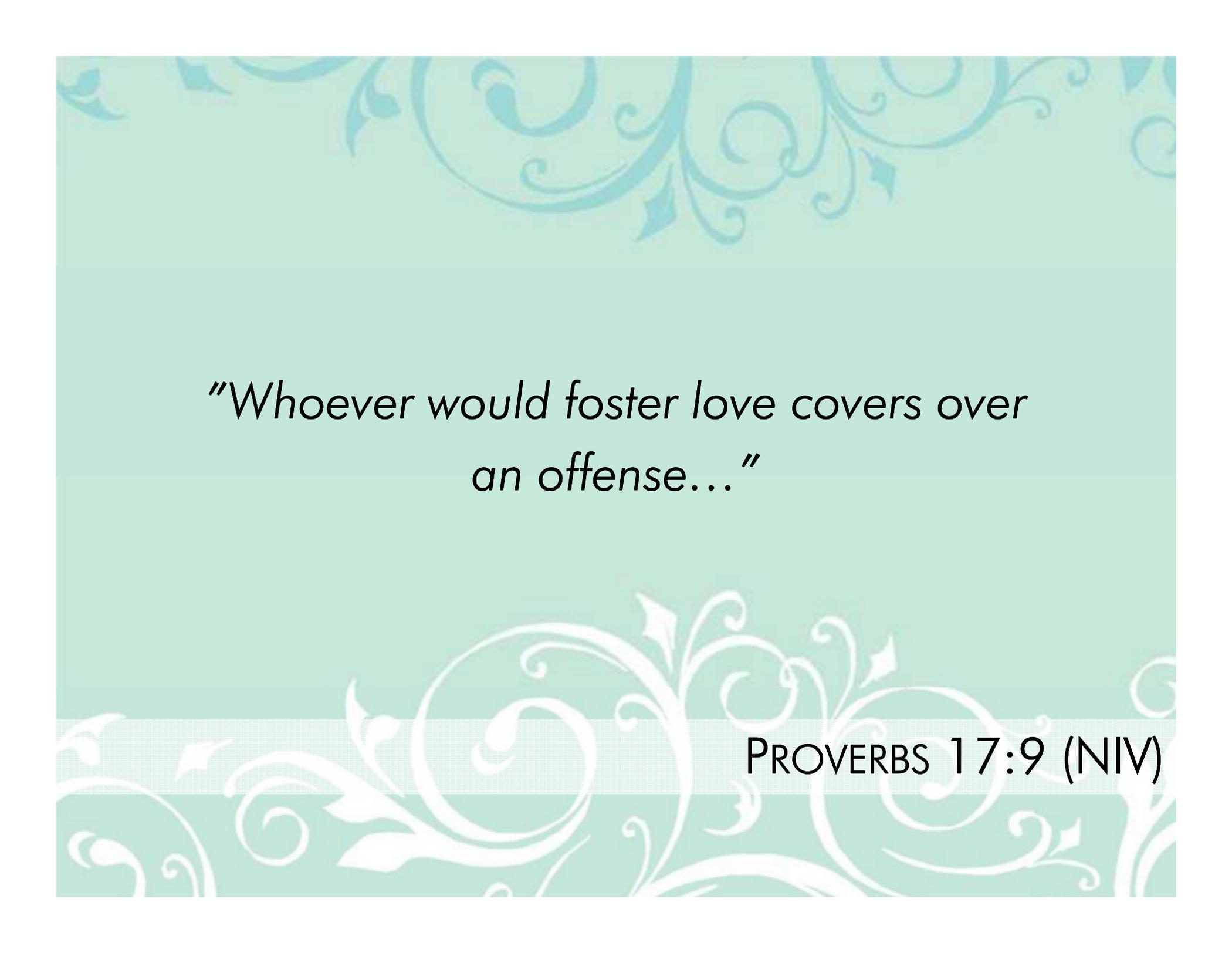
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3. HONESTY IS STILL THE BEST POLICY



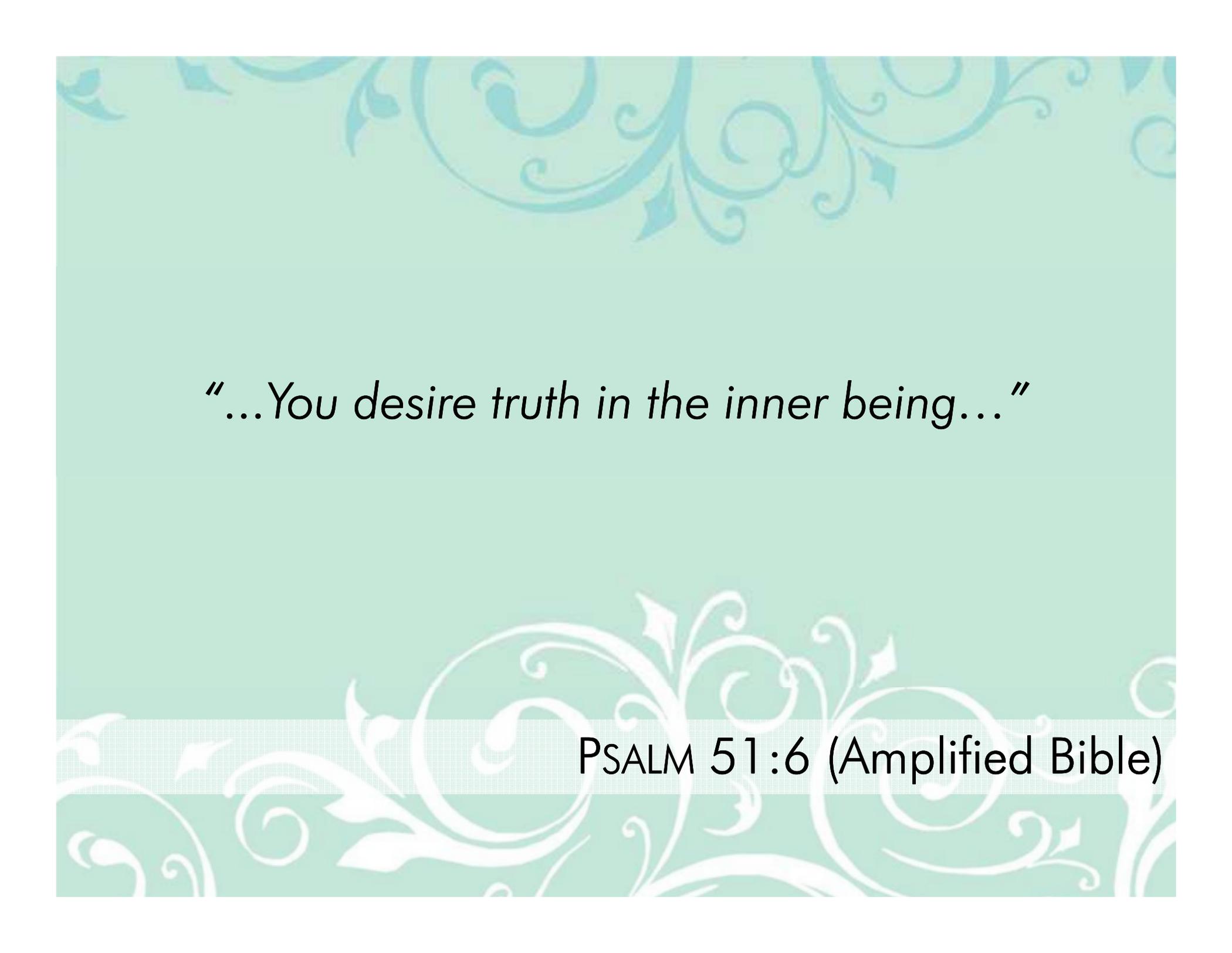
*“The prudent see danger and take refuge,
but the simple keep going and pay the penalty.”*

PROVERBS 22:3; 27:12 (NIV)



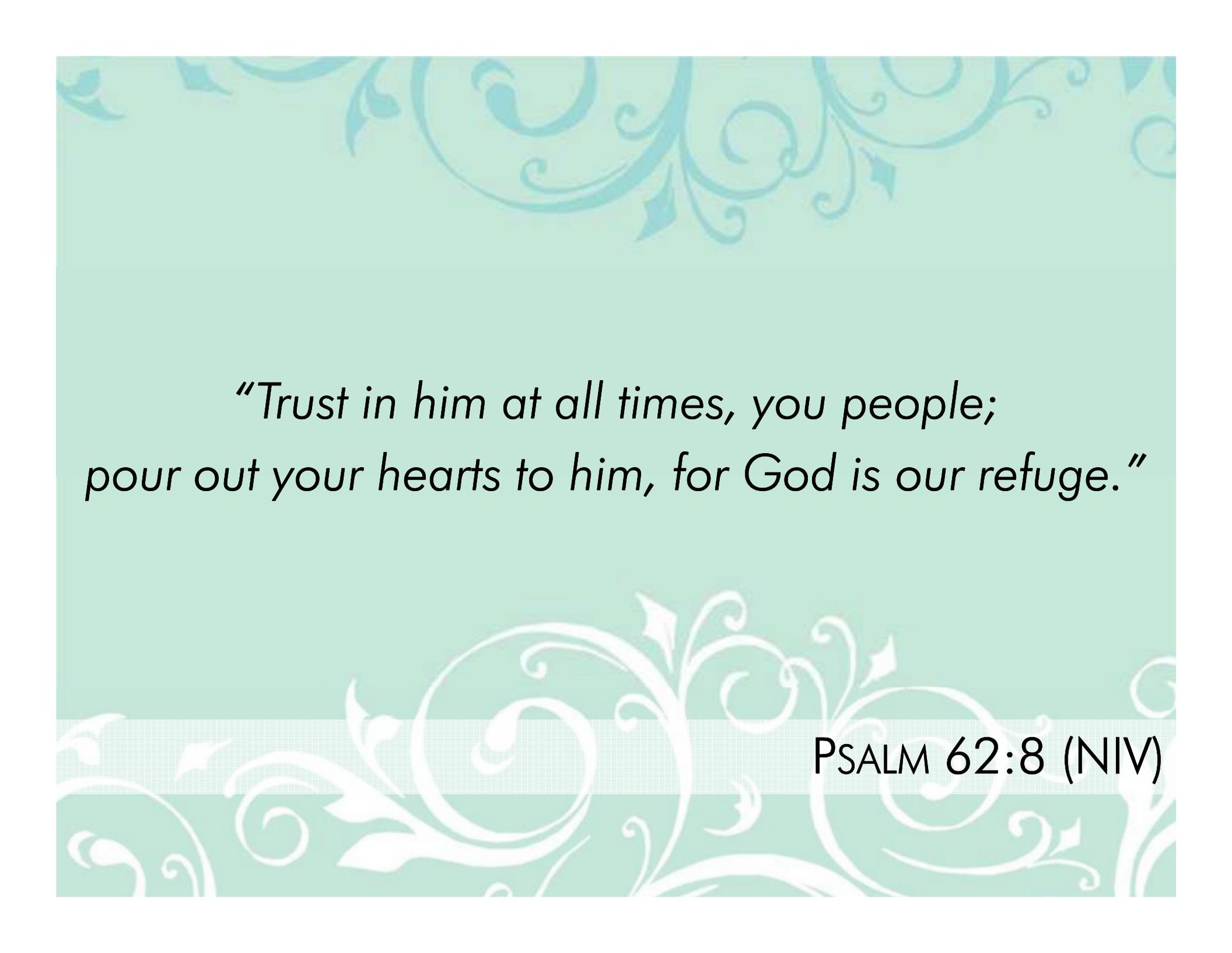
*“Whoever would foster love covers over
an offense...”*

PROVERBS 17:9 (NIV)



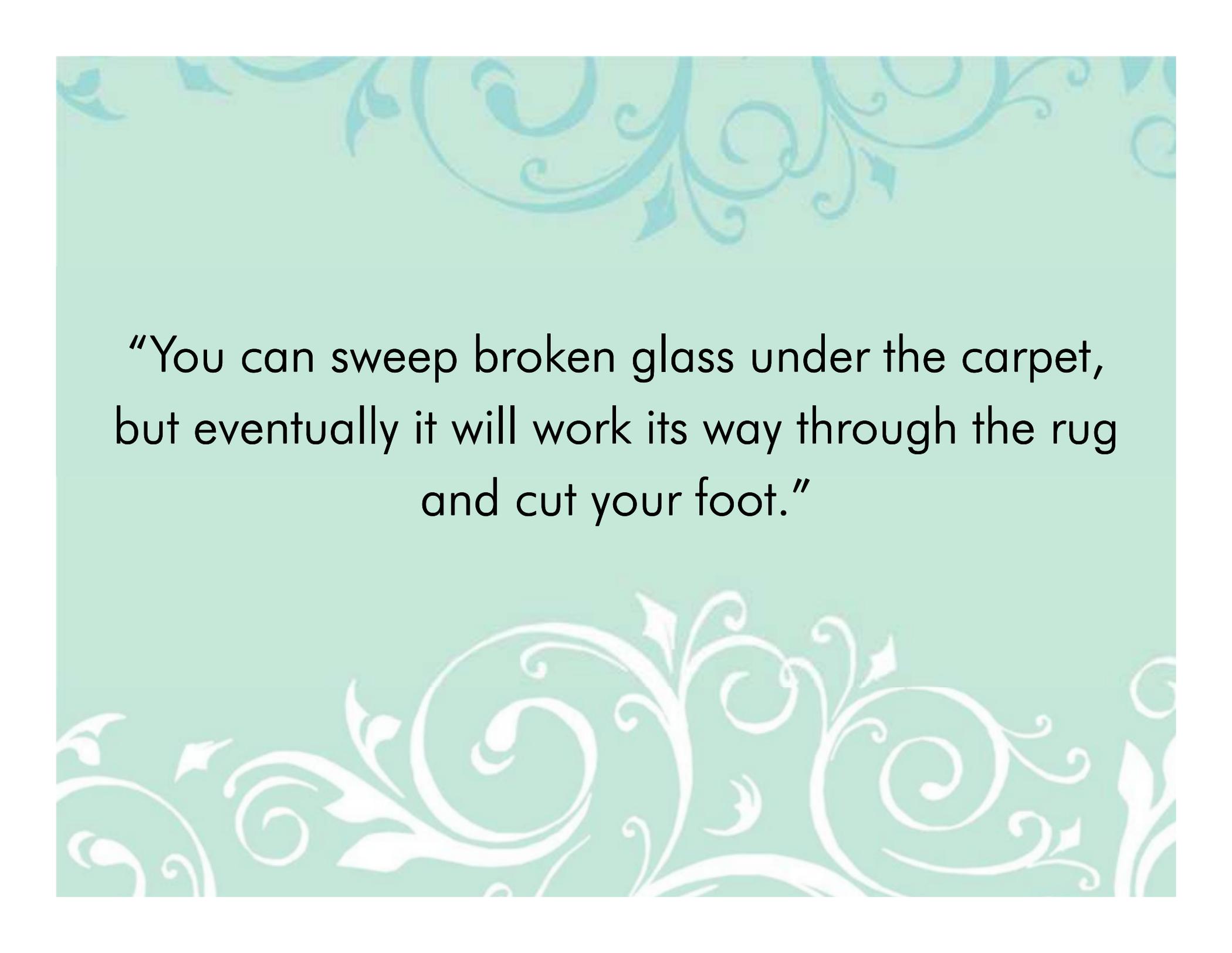
"...You desire truth in the inner being..."

PSALM 51:6 (Amplified Bible)

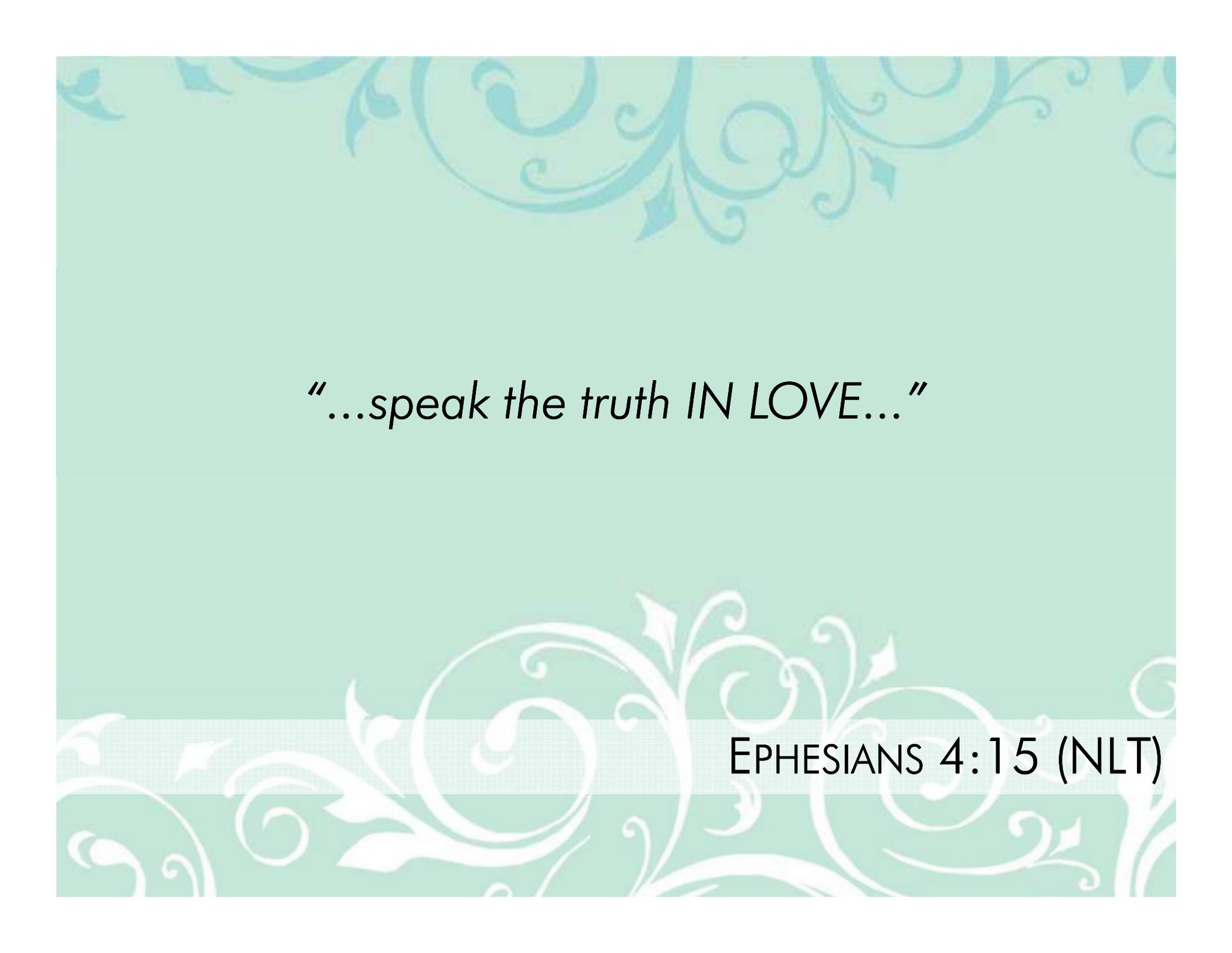


*“Trust in him at all times, you people;
pour out your hearts to him, for God is our refuge.”*

PSALM 62:8 (NIV)

The background features a repeating pattern of stylized floral and scrollwork designs. The top half has a teal pattern on a light teal background, while the bottom half has a white pattern on a light teal background. The central text is in a simple, black, sans-serif font.

“You can sweep broken glass under the carpet,
but eventually it will work its way through the rug
and cut your foot.”



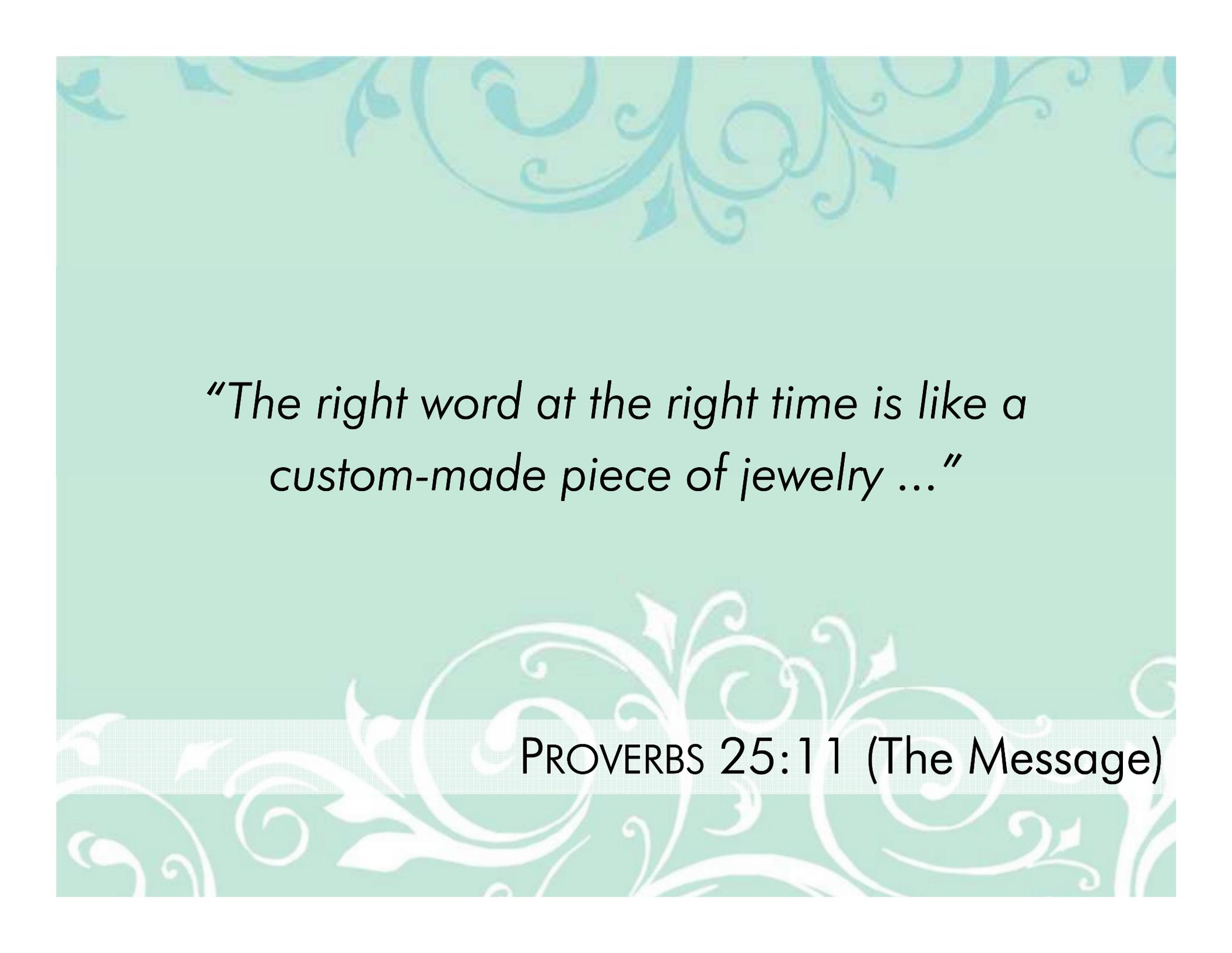
"...speak the truth IN LOVE..."

EPHESIANS 4:15 (NLT)



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3. TIMING REALLY IS EVERYTHING



*“The right word at the right time is like a
custom-made piece of jewelry ...”*

PROVERBS 25:11 (The Message)

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5. EXPECTATIONS ARE PARAMOUNT

“What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.”

JAMES 4:1,2 (NIV)



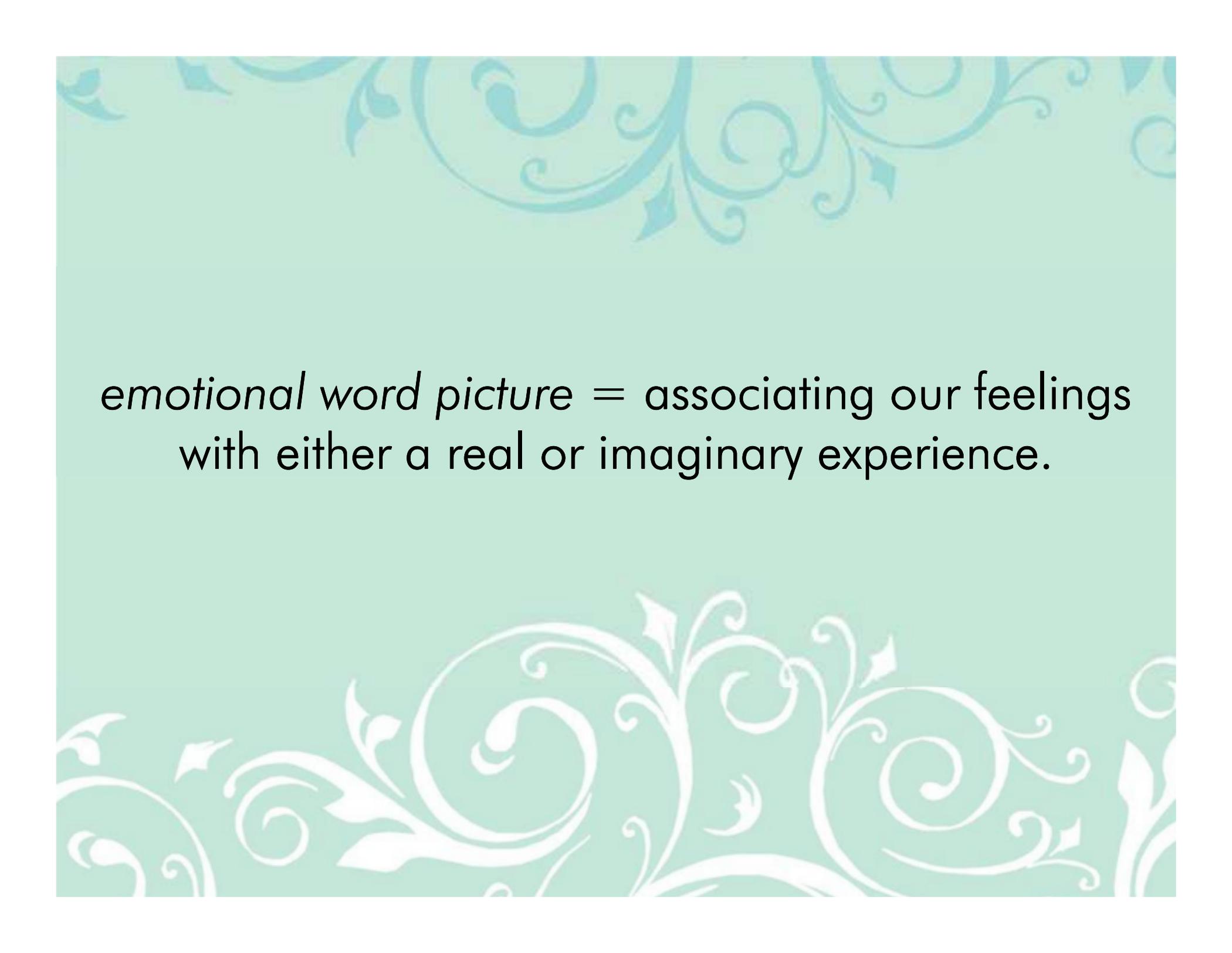
“Change begins at the level of the heart.”
—Paul Tripp



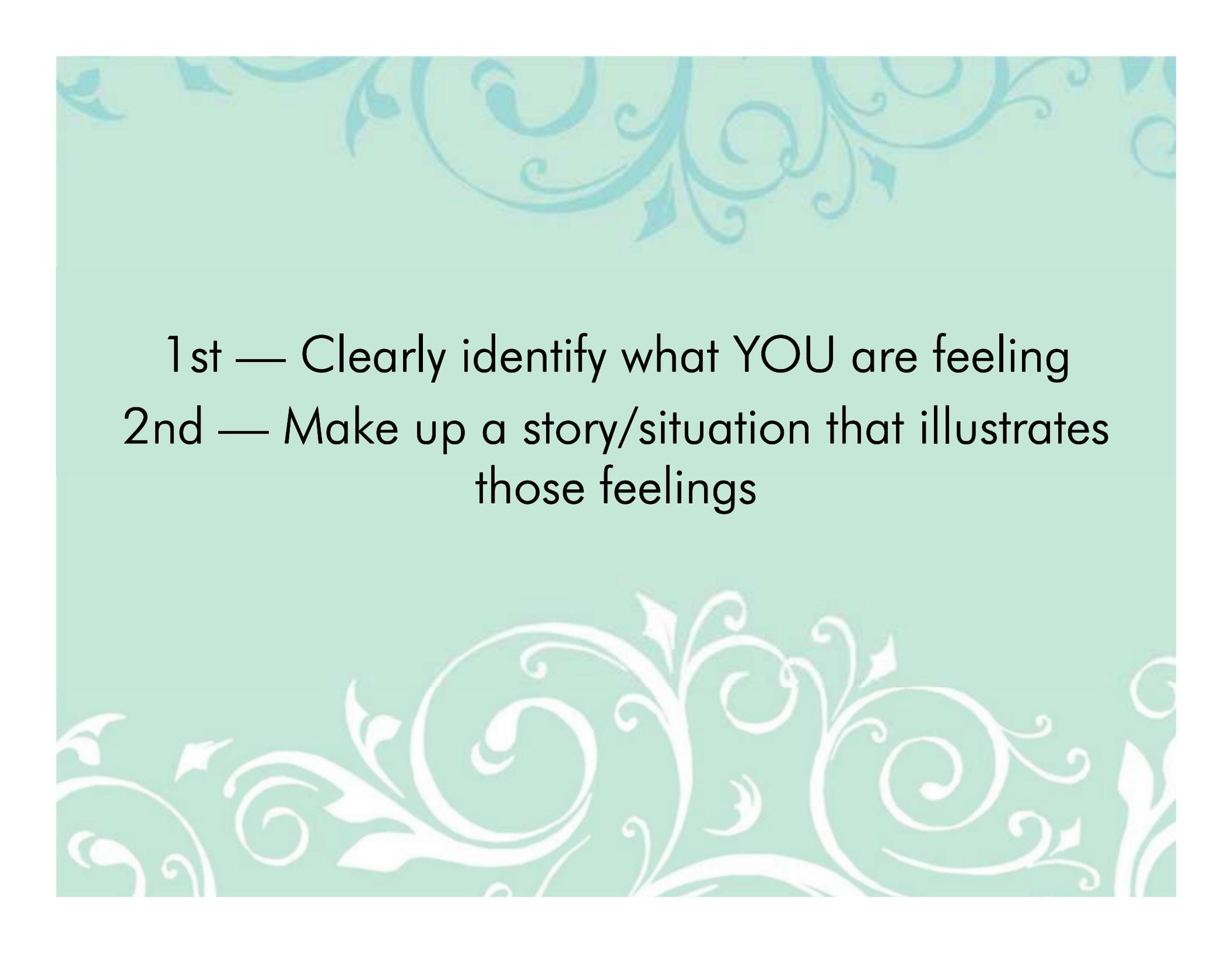
NO ONE OWES ME ANYTHING!

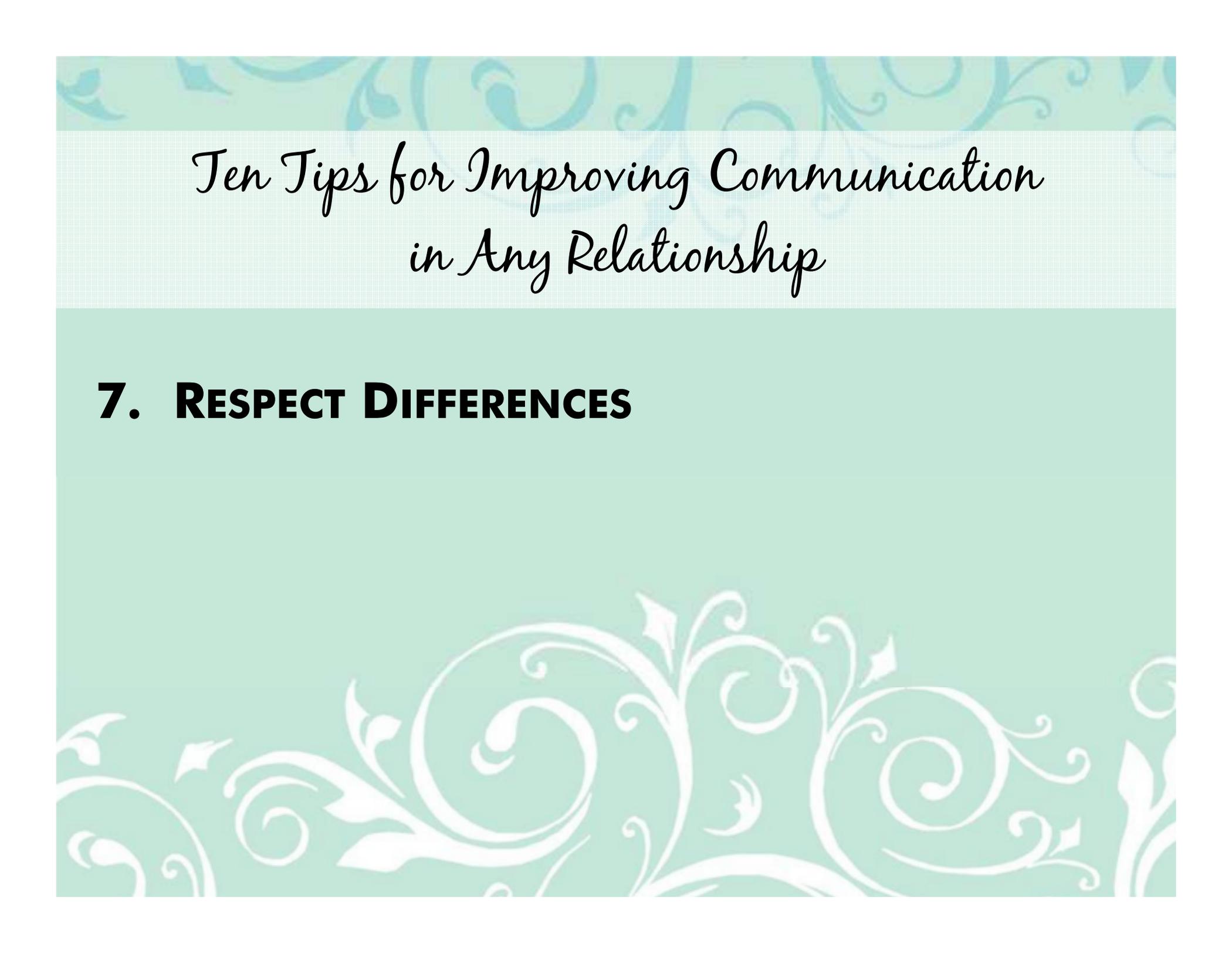
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**6. WORD PICTURES HELP OTHERS FEEL
WHAT YOU ARE SAYING**



emotional word picture = associating our feelings
with either a real or imaginary experience.

- 
- 1st — Clearly identify what YOU are feeling
 - 2nd — Make up a story/situation that illustrates those feelings

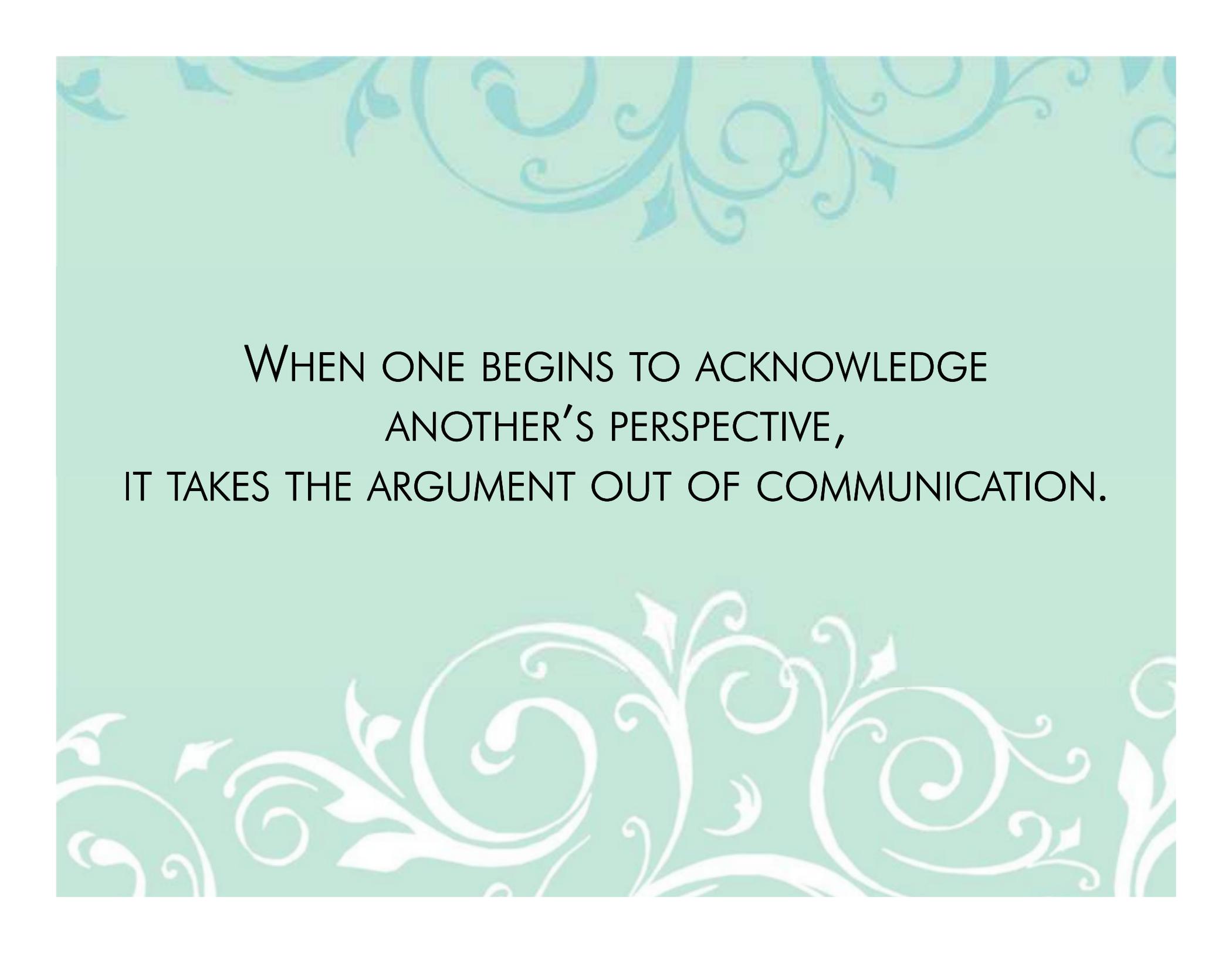


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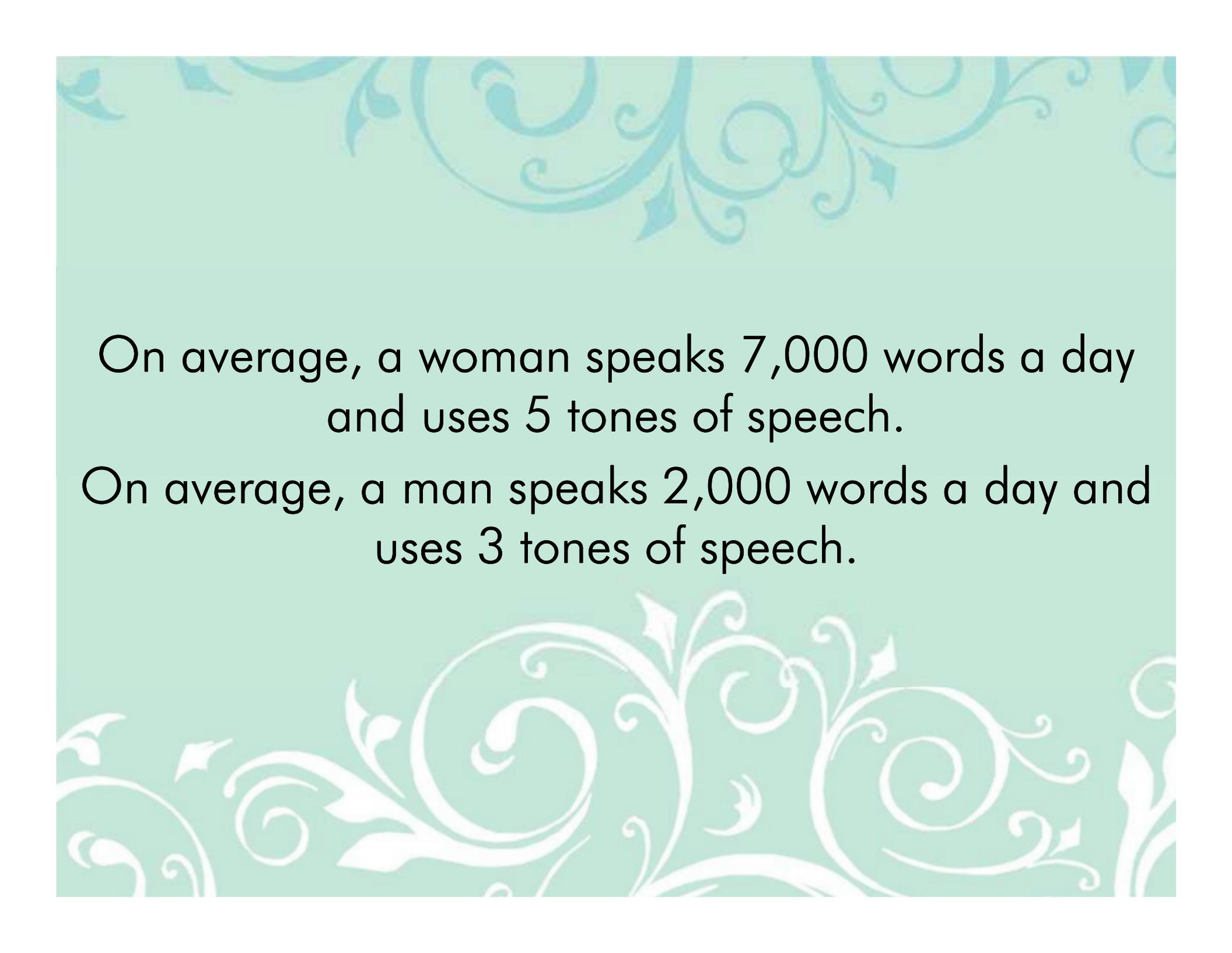
7. RESPECT DIFFERENCES

“Live in harmony with one another; do not be haughty (snobbish, high-minded, exclusive), but readily adjust yourself to [people, things] and give yourselves to humble tasks. Never overestimate yourself or be wise in your own conceits. Repay no one evil for evil, but take thought for what is honest and proper and noble [aiming to be above reproach] in the sight of everyone. If possible, as far as it depends on you, live at peace with everyone.”

ROMANS 12:16-18 (Amplified Bible)



WHEN ONE BEGINS TO ACKNOWLEDGE
ANOTHER'S PERSPECTIVE,
IT TAKES THE ARGUMENT OUT OF COMMUNICATION.



On average, a woman speaks 7,000 words a day
and uses 5 tones of speech.

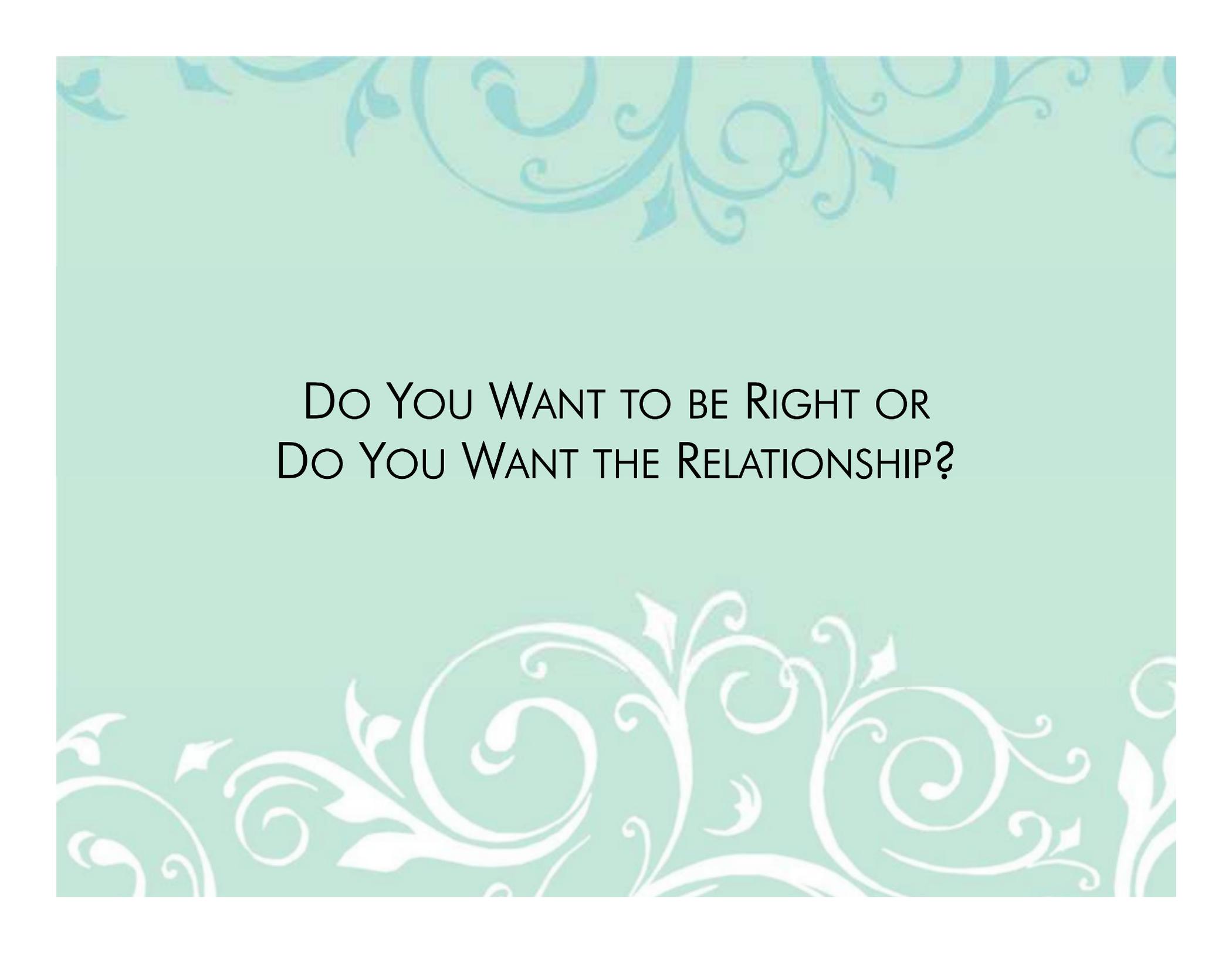
On average, a man speaks 2,000 words a day and
uses 3 tones of speech.

For the DISC Basic Personalities Types in regard to communication, we should keep in mind:

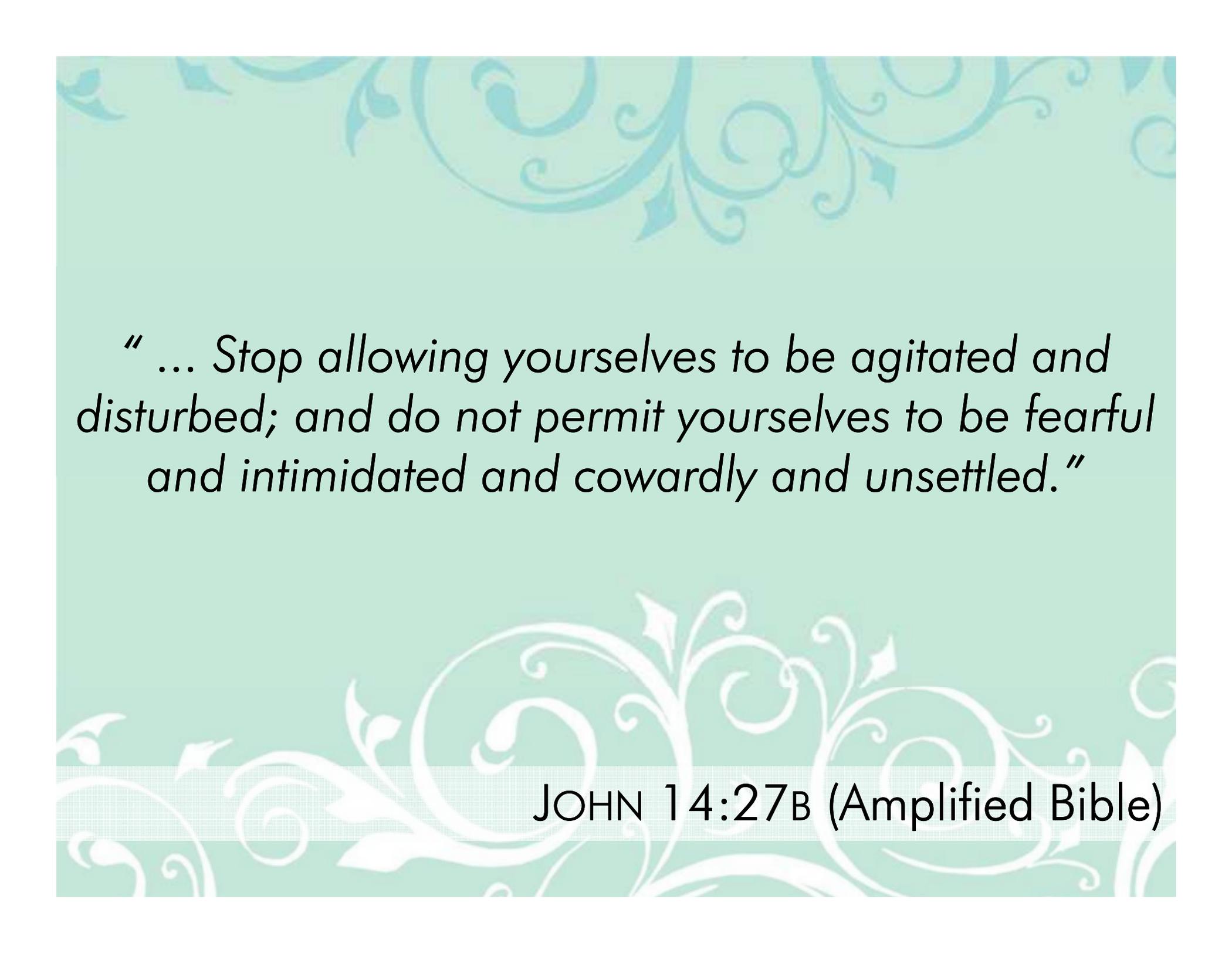
- A high “D” has a high need to debate.
- A high “I” has a high need to talk.
- A high “S” has a high need to avoid conflict of any kind.
- A high “C” has a high need to be right, or at least be validated for his/her accuracy of remembering the facts.

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8. LET GO OF YOUR NEED TO BE RIGHT

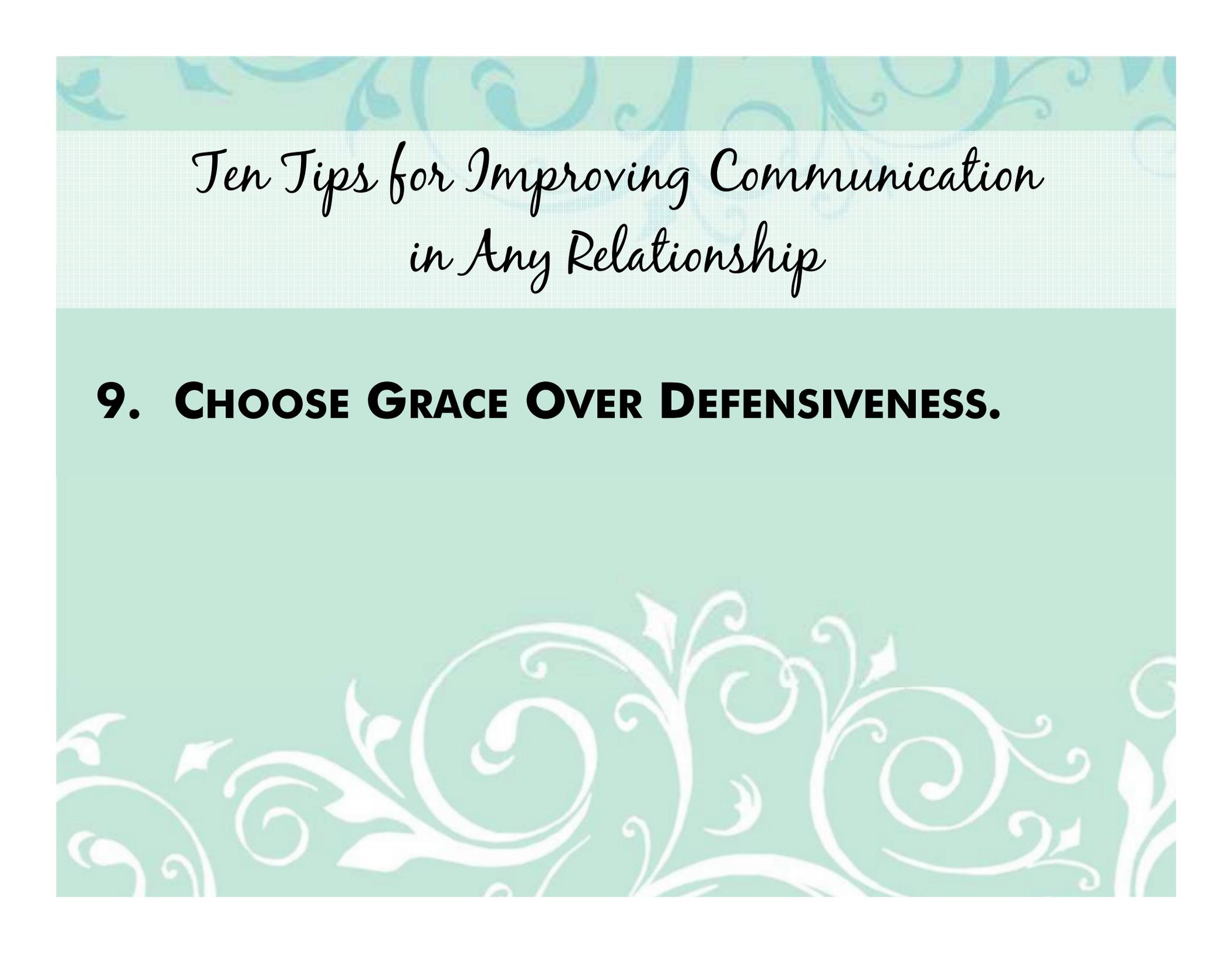


DO YOU WANT TO BE RIGHT OR
DO YOU WANT THE RELATIONSHIP?



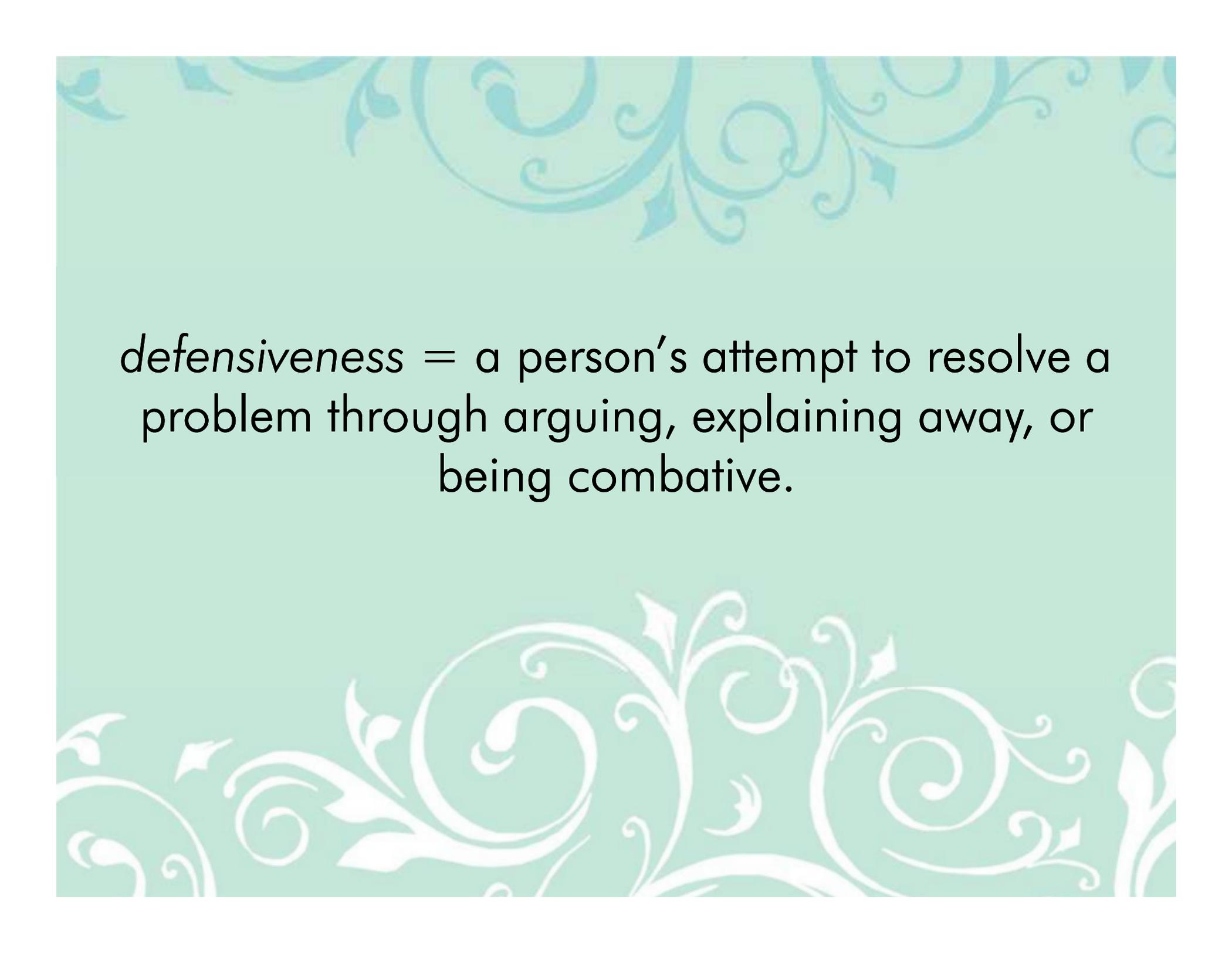
“ ... Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.”

JOHN 14:27B (Amplified Bible)



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9. CHOOSE GRACE OVER DEFENSIVENESS.



defensiveness = a person's attempt to resolve a problem through arguing, explaining away, or being combative.

Four ways to diffuse defensiveness,
within or in another person:

- 1) Validate the other person feelings.
- 2) Ask the other person questions.
- 3) Allow the other person to have his/her own opinions.
- 4) Stay away from facts and talk feelings.



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10. KEEP THE GOAL IN MIND AT ALL TIMES



“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation.”

II CORINTHIANS 5:17-19 (NIV)

