



THE ANATOMY OF COMMUNICATION

A. The Couple who seeks to understand each other will _____ what it takes for genuine communication to occur.

1. Time (See Ecclesiastes 3:1,7b)
2. Trust (1 John 4:18)
3. Transparency – sharing complete emotional and personal truthfulness

B. Understanding increases with increased levels of communication

1. Cliché non-sharing
2. Fact known things
3. Opinions what you think
4. Emotion what you feel
5. Transparent who you are

C. Good Listening Manifests an attitude that encourages communication

1. Listen in such a way to show that what your mate says is top priority
2. Listen with an attitude of acceptance and willingness to understand
3. Listen with an attitude that your mate is not your enemy

4. Listen with an attitude to hear what God might be saying through your mate
5. Listen with an attitude of desiring clarification. Ask questions and paraphrase to get at the meaning of the message.

(CLARIFY: “Are you telling me that _____?”
 “OF all that you have just said, what do you want me to understand?”)

FOCUS ON: RATHER THAN

What is being said	The way it is being said
The meaning	the words
Clarification of valid points	defense of accusations
Questions	indictments
Understanding	Judgement

BARRIERS THAT PREVENT UNDERSTANDING

1. Childhood programming has established a pattern of suppression and repression in emotions
2. A poor self-image can cause one to fear rejection
3. A false concept of pride and manhood prevents males from sharing their needs and feelings
4. A false concept of spirituality makes us hesitant to share ourselves.
5. We are afraid that we might get hurt if we become vulnerable.

THREE STEPS TOWARD EXPRESSING YOURSELF

1. Determine WHAT you want to say.
2. Determine HOW you want to say it.
3. Determine WHEN you want to say it.

In marriage, a commitment must be made to:

- A. Develop an understanding in listening to and expressing yourself to your mate.
- B. Listen with understanding.
- C. Express your thoughts, feelings, and needs.
- D. Realize communication is a life long process.
- E. Your promise is made to God. Ultimately, you are entrusting yourself to Him.