COMMUNICATION SPRING SDOE 2022



ICEBREAKER

WHAT WE WILL BE COVERING TODAY...

- WHAT IS COMMUNICATION
- COMMUNICATION BOUNDARIES
- COMMUNICATION DELIVERY... THE STYLE OF YOUR DELIVERY
- LEVELS OF COMMUNICATION
- COMMUNICATION RELATED TO THE MALE AND FEMALE BRAIN
- STEPS TO BECOMING A GOOD LISTENER
- COMMUNICATION ENCOURAGEMENT... THE FIVE A'S



- NO ONE IS BORN A NATURAL COMMUNICATOR.
- IT IS A SKILL YOU CAN LEARN
- LEARNING THE SKILL WILL IMPROVE YOUR RELATIONSHIP
- PLEASE KNOW, YOU MOST LIKELY WILL MODEL WHAT YOU HAVE LEARNED
- MORE IS CAUGHT THAN TAUGHT

DEFINITION OF MARITAL COMMUNICATION

MARITAL COMMUNICATION REFERS TO THE VERBAL AND NONVERBAL COMMUNICATION BETWEEN SPOUSES. IT INVOLVES TWO PARTS SPEAKING AND LISTENING.

"IT HAS BEEN SAID THAT WE HUMANS TEND TO COMMUNICATE ABOUT 10

PERCENT VERBALLY AND ABOUT 90 PERCENT NONVERBALLY"... TAKEN

FROM MENTORING MATTERS

BEGIN YOUR DAILY COMMUNICATION BY PRAYING

- PRAY YOUR COMMUNICATION WITH YOUR HEAVENLY FATHER
- PRAY YOUR COMMUNICATION WITH YOUR FUTURE SPOUSE
- PRAY YOUR FUTURE SPOUSE'S COMMUNICATION WITH THEIR HEAVENLY FATHER
- PRAY FOR YOUR SPOUSE'S COMMUNICATION WITH YOU

BOUNDARIES FOR EFFECTIVE COMMUNICATION

- WE WON'T NAME CALL, LABEL OR BELITTLE.
- WE WON'T USE "YOU" STATEMENTS.
- WE WILL STEER CLEAR OF SAYING "NEVER" AND "ALWAYS".
- WE WON'T BLAME OR SHAME.
- WE WON'T LOSE CONTROL (YOU WILL NEED TO CLARIFY WHAT THAT MEANS TO EACH OF YOU PERSONALLY.)
- WE WON'T TELL THE OTHER PERSON WE ARE "ANGRY" AT THEM-WE WILL STRIVE TO USE BETTER EMOTIONAL EXPLANATIONS.
- WE WON'T WITHDRAW, ISOLATE, OR ABRUPTLY LEAVE CONVERSATION.
- WE WON'T INTERRUPT OR SPEAK UNTIL WE HAVE LISTENED TO OUR PARTNER.
- WE WON'T MAKE DEMANDS, THREATS, ULTIMATUMS OR HARSH CRITICISMS.
- WE WILL NOT USE THE "D" WORD "DIVORCE".
- WE WON'T POINT OUT WHEN OUR SPOUSE BREAKS THESE RULES. IT IS ABOUT OUR OWN ACCOUNTABILITY AND EXAMPLE
- WE WON'T GO TO OTHER FAMILY, FRIENDS, CO-WORKERS, ETC.
 WITHOUT PRIOR PERMISSION CONCERNING OUR COMMUNICATION.

- WE WILL SPEAK FACE-TO-FACE RATHER THAN HIDING BEHIND TECHNOLOGY.
- WE WILL LEARN TO USE PROPER TONE.
- WE WILL NOT HAVE INTENSE DISCUSSION IN THE PRESENCE OF OTHERS, INCLUDING OUR CHILDREN.
- WE WILL COMMIT TO TRANSPARENCY, HONESTY, OPENNESS, AND TRUTH EVEN WHEN UNCOMFORTABLE OR EMBARRASSING.
- WE WON'T REFERENCE FAMILY MEMBERS OR THEIR FLAWS, UNLESS DIRECTLY INTERFERING IN OUR RELATIONSHIP.
- WE WON'T CONTINUE TO REFERENCE PAST FAILURES OR PREVIOUSLY RESOLVED ISSUES.
- WE WILL LEARN TO USE PROPER TIMING (OR WAIT) FOR CONVERSATION.
- WE WILL ENDEAVOR TO LEARN AND APPLY NEW SKILLS IN EMPATHETIC LISTENING.

DISCUSS WITH YOUR PARTNER...

- DISCUSS ONE OF THE BOUNDARIES YOU DO WELL
- DISCUSS ONE OF THE BOUNDARIES THAT CHALLENGES YOU

COUPLE AND INDIVIDUAL ASSIGNMENT (HOMEWORK)

- SIGN AGREEMENT FOR EFFECTIVE COMMUNICATION... PAGE 8
- LOOK AT THE AGREEMENT FOR EFFECTIVE COMMUNICATION ON PAGE 8
- THEN CREATE YOUR OWN POSITIVE EFFECTIVE COMMUNICATION AGREEMENT.
- COUPLE ASSIGNMENT... PAGE 9
- INDIVIDUAL REFLECTION... PAGE 10

COMMUNICATION DELIVERY... THE STYLE OF DELIVERY

NOTE:

IT IS IMPORTANT TO REALIZE THAT MOST OF WHAT YOU SAY IS NOT RECEIVED BASED ON WHAT YOU SAY BUT HOW YOU SAY IT. THERE ARE FOUR ASPECTS TO THIS...

FOUR PRIMARY ASPECTS OF COMMUNICATION STYLE

- •TIMING
- •TONE
- •TECHNIQUE
- •TRUTH



TIMING

- DO I TRY TO TALK TO MY FUTURE SPOUSE WHEN THEY ARE BUSY, TIRED, OR DISTRACTED?
- DO I ASK, "IS THIS A GOOD TIME TO TALK, AND IF IT ISN'T, WHAT WORKS FOR YOU?"
- DO I PILE UP NUMEROUS DISCUSSIONS AND TRY TO HAVE THEM ALL AT ONCE?

 NOTE: MAKE SURE THE TIME IS RIGHT TO HAVE THE IMPORTANT

 CONVERSATIONS!



TONE

- ARE YOU ANGRY? SARCASTIC? CONDESCENDING? UNINTERESTED?
- IS THERE A DIFFERENCE IN YOUR TONE BASED ON WHOM YOU ARE SPEAKING TO? DO YOU SOUND NICER TO STRANGERS?
- WW I TO FONDS



TECHNIQUE

- AM I REMEMBERING TO START POSITIVE AND FOCUS ON STRENGTHS?
- AM I USING OUR HEALTHY BOUNDARIES LIST?
- AM I PLAYING THE VICTIM OR BLAMING AT TIMES?



TRUTH

- AM I BEING HONEST AND FAIR?
- AM I EXAGGERATING OR TWISTING THINGS FOR MY PERSPECTIVE?
- HAVE I CONSIDERED MY FUTURE SPOUSE'S INTENT AND STATE OF HEART?
- DO I REWRITE HISTORY OR LEAVE THINGS OUT INTENTIONALLY?



- 1. AVERAGE DAILY TALKING
- 2. SERIOUS CONVERSTIONS/ IN DEPTH IMPORTANT COMMNICATION
- 3. CONFLICT
- 4. FAITH



AVERAGE DAILY TALKING

- THE GENERIC STUFF WE TALK ABOUT...
- WHERE ARE YOU GOING, WHAT ARE YOU DOING, HOW IS THE WEATHER

NOTE: MANY RELATIONSHIPS LIVE AND REMAIN IN THIS AREA, NOT GROWING OR STEPPING INTO DEEPER COMMUNION.

SERIOUS CONVERSTIONS/ IN DEPTH IMPORTANT COMMNICATION

- DEEPER THOUGHTS, EMOTION, AND REQUESTS OF YOUR HEART
- CONVERSATIONS NOT HAD WITH JUST ANYONE
- DEGREE OF VULNERABILITY AND DEEPER COMMUNICATION
- IT IS LETTING SOMEONE INTO YOUR HEAD AND HEART

NOTE: HEALTHY GROWING RELATIONSHIPS STRIVE TO BE COMMUNICATING MORE AT THIS LEVEL. IF YOU NOTICE WHEN YOU RARELY HAVE AN IN-DEPTH CONVERSATION, YOU ARE MISSING OUT ON THE LIFEBLOOD OF YOUR RELATIONSHIP.



CONFLICT

- KNOWN AS INTENSE FELLOWSHIP
- GUARANTEED YOU WILL ALL FACE CONFLICT IN YOUR MARRIAGES NOT IF,
 BUT WHEN

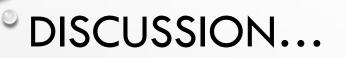
NOTE: IF SOMEONE TELLS US THAT THEY NEVER HAVE CONFLICT, WE KNOW THEY ARE EITHER LYING OR HAVE NOT MOVED OUT OF STEP #1. (SUPERFICIAL COMMUNICATION). CONFLICT AT TIMES CAN BE PAINFUL, BUT WHEN WE LEARN HOW TO ADDRESS IT PROPERLY, IT IS AN OPPORTUNITY FOR GROWTH AND IMPROVEMENT WITHOUT LEAVING SCARS.



FAITH

- ADDRESSING SPIRITUAL MATTERS
- WHAT'S GOING ON INSIDE OF US
- WHAT IS GOD TEACHING US
- TALKING ABOUT OUR RELATIONSHIP WITH GOD
- HOW ARE WE RESPONDING TO HIM

NOTE: THIS WOULD BE A SUBJECT OF INTIMATE CONVERSATIONS OR COMMUNICATION WITH THOSE WHO ARE CLOSEST TO US.



- LEARNING ABOUT THE FOUR ASPECTS OF COMMUNICATION STYLE...
- 1. TIMING 2. TONE 3. TECHNIQUE 4. TRUTH
- WHAT IS YOUR STRENGTH AND WHAT IS YOUR WEAKNESS?
- LOOKING AT THE FOUR LEVELS OF COMMUNICATION...
- AVERAGE DAILY TALKING

- 3. CONFLICT
- 2. SERIOUS CONVERSATIONS / IN DEPTH IMPORTANT COMMUNICATION 4. FAITH
- WHAT LEVEL DO YOU SEE YOURSELF COMMUNICATING AT MOST OFTEN?
- WHERE WOULD YOU SAY YOUR STRENGTH IS AND WHAT IS YOUR WEAKNESS.



GENESIS 1:27

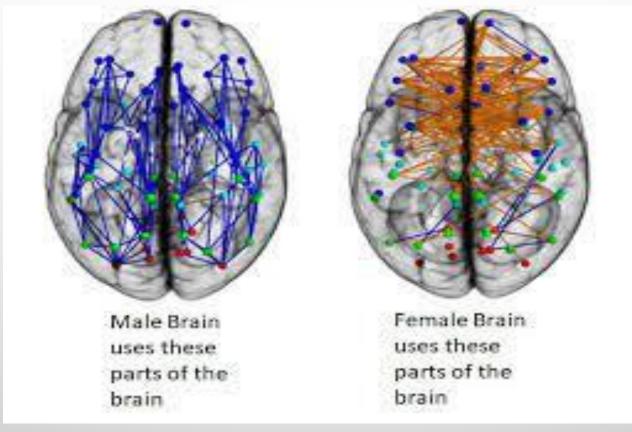
"SO GOD CREATED MANKIND IN HIS OWN IMAGE, IN THE IMAGE OF GOD HE CREATED THEM; MALE AND FEMALE HE CREATED THEM."



GENESIS 2:18

THE LORD GOD SAID, "IT IS NOT GOOD FOR THE MAN TO BE ALONE. I WILL MAKE A HELPER SUITABLE FOR HIM." BUT FOR ADAM, NO SUITABLE HELPER WAS FOUND. SO THE LORD GOD CAUSED THE MAN TO FALL INTO A DEEP SLEEP; AND WHILE HE WAS SLEEPING, HE TOOK ONE OF THE MAN'S RIBS AND THEN CLOSED UP THE PLACE WITH FLESH. THEN THE LORD GOD MADE A WOMAN FROM THE RIB HE HAD TAKEN OUT OF THE MAN, AND HE BROUGHT HER TO MAN. THE MAN SAID, "THIS IS NOW BONE OF MY BONES AND FLESH OF MY FLESH; SHE SHALL BE CALLED 'WOMAN' FOR SHE WAS TAKEN OUT OF MAN."





MALE / FEMALE NEUROBIOLOGY DIFFERENCES

MEN

- FRONTAL CORTEX DOES NOT FULLY SYNAPSE (CONNECT) UNTIL MID-TWENTIES (THIS IS CALLED THE "WISDOM SEAT" OF THE BRAIN)
- LARGER INFERIOR PARIETAL
 LOBULE-RESPONSIBLE FOR ANALYTICAL
 PROCESSES
- INTERSTITIAL NUCLEUS OF ANTERIOR
 HYPOTHALAMUS IS 2 TIMES LARGER-DEALS
 WITH SEX DRIVE
- TYPICALLY HAVE A DOMINANT SIDE FOR HEARING AND SELECTIVE "TONALITY" IN HEARING

WOMAN

- ABOUT 11% MORE DENSELY PACKED NEURONS
 WITH MORE CELLULAR CONNECTION FOR BETTER
 UNDERSTANDING OF LANGUAGE, MELODY, AND
 TONE OF SPEECH
- CORPUS CALLOSUM CONNECTING THE TWO SIDES
 OF THE BRAIN IS ABOUT TWICE AS PACKED WITH
 NEURONS FOR FASTER MULTI-TASKING
- OXYTOCIN RELEASED ON THE MERE "THOUGHTS" OF LOVE
- WOMEN HAVE OVER 100 IDENTIFIED HORMONES CYCLING AND CHANGING MORE IN ONE MONTH THAN THE ENTIRETY OF A MAN'S LIFE.



PROVERBS 18:13

HE WHO ANSWERS BEFORE LISTENING – THAT IS HIS FOLLY AND SHAME.



STEVEN COVEY QUOTE...

"THEY'RE FILTERING EVERYTHING THROUGH THEIR OWN PARADIGM, READING THEIR AUTOBIOGRAPHY INTO OTHER PEOPLES LIVES... THEY'RE CONSTANTLY PROJECTING THEIR OWN HOME MOVIES ON TO OTHER PEOPLE'S BEHAVIOR. THEY PRESCRIBE THEIR OWN GLASSES FOR EVERYONE WITH WHOM THEY INTERACT."



EMPATHY

THE ABILITY TO UNDERSTAND ANOTHER PERSON BY IDENTIFY WITH HIS OR HER FEELINGS.

- LISTENING
- IDENTIFYING ANOTHER'S FEELINGS
- ACKNOWLEDGING THE INTENSITY OF HIS / HER FEELINGS
- RECALLING A TIME IN YOUR LIVE THAT YOU EXPERIENCED THE SAME FEELINGS

10 STEPS TO INTENTIONAL EMPATHETIC LISTENING

- 1. DECIDE WHO WILL BE THE LISTENER AND WHO WILL BE THE TALKER.
- 2. THE TALKER BEGINS WITH AFFIRMATIONS THAT ARE SPECIFIC TO THE SITUATION.
- 3. THE TALKER SHARES HIS OR HER THOUGHTS AND FEELINGS BY USING "I FEEL" STATEMENTS.
- 4. THE LISTENER REPEATS WHAT THE TALKER SAID AND ASKS IF THEY GOT IT CORRECT.
- 5. THE LISTENER EMPATHIZES.
- 6. THE LISTENER APOLOGIZES AND ASKS FOR FORGIVENESS.
- 7. THE LISTENER ASKS THE TALKER IF THERE IS ANYTHING MORE HE OR SHE WANTS TO SHARE REGARDING THIS SPECIFIC INCIDENT.
- 8. THE TALKER, IF NECESSARY, SHARES MORE "I FEEL" STATEMENTS.
- 9. THE LISTENER REPEATS THE TALKER'S FEELINGS AND THOUGHTS AND THEN ASKS IF HE OR SHE UNDERSTOOD CORRECTLY. IF NOT, THE LISTENER ASKS FOR CLARITY AND THEN EMPATHIZES (STEP 5).
- 10. REVERSE ROLES. THE TALKER NOW BECOMES THE LISTENER AND STARTS WITH STEP 2.



THE DAILY 5'S

- 1. AFFIRMATION
- 2. AFFECTION
- 3. ASK
- 4. APOLOGIZE
- 5. AMEN



DISCUSSION...

INTENTIONAL EMPATHETIC LISTENING

- WHAT DO YOU DO WELL?
- WHAT IS A WEAKNESS?

DAILY FIVE

- WHAT DO YOU DO WELL?
- WHERE COULD YOU IMPROVE?

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