

Boundaries For Effective Communication

- 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.

Four Primary Aspects of Communication Style

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

- 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?”
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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?

Four Levels of Communication

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 Conversations / In Depth Important Communication

- 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.

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.

Communication Resources SDOE Spring 2022

Podcasts:

- Focus on the Family with Jim Daily
- Family Talk with Dr. James Dobson
- Family Life Today with Ann and Dave Wilson
- Debra Fileta Truelovedates.com

Books:

- The Power of a Praying Wife by Stormie O Martin
- The Power of a Praying Husband by Stormie O Martin
- Preparing your HEART for Marriage by Gary Thomas
- Nine Essential Conversations Before You Say I DO by Gary Thomas
- 101 Questions to ask Before You Get Engaged by H. Norman Wright
- Before You Say I DO “A Marriage Preparation Guide for Couples” by H. Norman Wright and Wes Roberts