

# Talking Sense Good Communication in Marriage

Marriage is like opening a gift sometimes what you find inside is not quite, what you expected. Whether or not you married, the right person is primarily up to you. There is no perfect spouse-- you have to learn how to speak in each other's language.

## I. What the Bible says about communications

James	3:18-10	the tongue who can tame:
Proverbs	18: 21	death and life are in the power of the tongue
Proverbs	25: 11	a word fitly spoken apples of gold in those of silver
Proverbs	12: 18	careless words stab like a sword : but wise words bring feelings
Proverbs	14: 29	patient people sow good understanding but quick in temper show foolishness
Proverbs	21: 23	careful at what they say keep themselves out of trouble.....
Proverbs	29: 20	there is more hope for people than those who speak too quickly.

## II. How happily married couples differ from unhappily married couples

1. They talk more to each other.
2. They convey the feelings that the understood what is being said to them.
3. They have a wider range of subjects available to them to talk about.
4. They preserve the communication channels and keep them open. (Idea spend 3-5 minutes finding solutions and come back to share without negativity.
5. They show more sensitivity to each other's feelings.

## III. How communication works: The SIX MESSAGES OF COMMUNICATION

- a. What you meant to say
- b. What you actually said
- c. What your spouse actually hears
- d. What your spouse thinks he/she hears
- e. What your spouse says about what you said
- f. What you think your spouse said about what you said

*A tape recorder will teach you more about communication than reading five books and becoming an expert in the field of communications..*

## IV. How to clear up Communication: Listening

### A. Definitions of listening

1. Listening means that when another person is speaking you are not thinking about what you are going to say when the other person stops talking.

James 1:19 Proverbs 18:18

2. Listening is complete except that without judgment of what is said and how it is stated.
3. Listening is the ability to restate accurately for both the content and the feeling of the message

### B. Listening involves Work and Effort

Physiologically we can listen five times as fast as we can speak. If someone speaks one hundred and twenty words per minute and you can listen at 600 words per minute what are you doing with all that extra time?

### C. Barriers to listening

- Defensiveness
- Personal Biases
- Different Listening Styles

Inner Struggles Intra-psychic, vs Inter-psychic

- The Habit of Interrupting
- Mental Overload
- Bad Timing
- Physical Exhaustion
- Selective Attention

V. How to communicate effectively

A. Our Messages are made up of three components

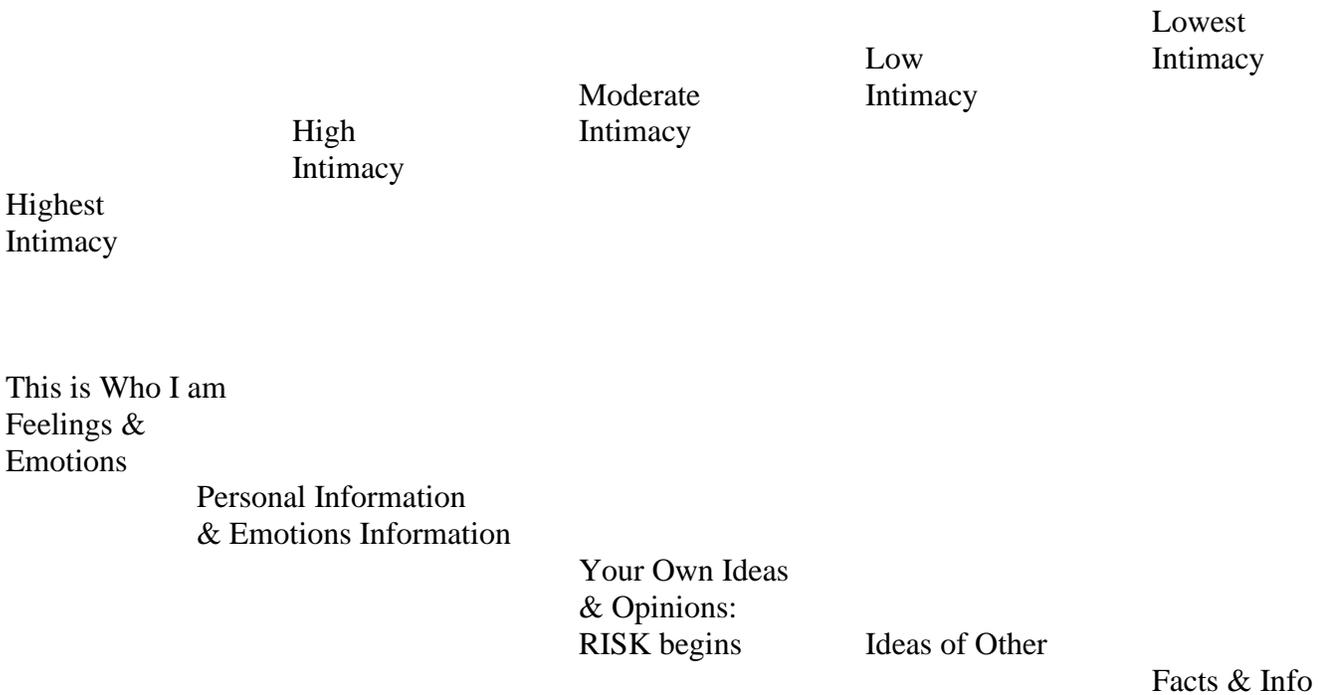
Content and 7%                      Tone 38%                      Nonverbal 55%

B. There are five levels of communication

*Six if you live in a trailer park*

- a. Facts and Information and
- b. Ideas of Others
- c. My own Ideas and
- d. Personal Information and Emotions
- e. This is who I am:      Feelings and Emotions

Communication Chart :



- C. The first four minutes of the day.  
 The last four minutes before you depart for the day.  
 The First four minutes when you see each other again.  
 The Last four minutes at the end of the day.

D. How to speak another person's Language.

1. Learning styles:      Visual      Auditory      Kinesthetic (or feeling)
2. Personality styles:

1. Extroverts: have to talk to think, and they need information from others
2. Introverts: the best way to approach introverts is to give them time to think: introverts have to think to talk: introverts are drained by being with people.
3. Communication styles:
  - a. The rambler sometimes called the babbling brook
  - b. This straight arrow in or dead sea
4. Gender differences
  - a. The brain : women use 40% more brain connectors than men; Women use more of the left and right sides of their brain at the same time so they can use reduce several things and one time; whereas men are often challenged to do more than one thing at a time.
  - b. Gender statements can be hurtful or bias
  - c. Gender styles
    1. Expanders = are often Women
    2. Condenser = Men

Homework questions:

1. How do happily married couples differ from unhappily married couples?
2. What would the six messages of communication what are the barriers to listening?
3. There are five levels of communication. What are they? When are the prime times for communicating during the day?
4. What does it mean to speak and others persons language ? How do you communicate with an extrovert ? How do you communicate with an introvert ?
5. List at least two gender statements that you use one occasion.

## **References and bibliography in reading list**

1. Mars and Venus together forever, 1996 John Gray.
2. The intimacy factor 1995, Stoop, David, and Jan
3. You just don't understand 1991, Tannen Deborah
4. Type talk 1993 Thueson, Janet
5. Communication: key to your marriage 2000 Norm Wright