



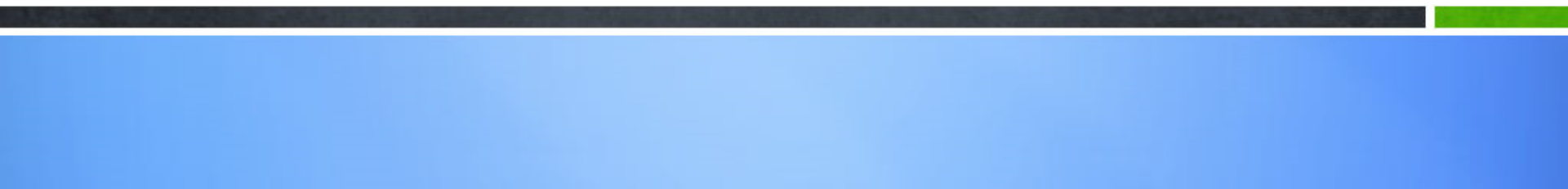
Communication





Communication

is the **link** that creates a
relationship between people.



Communication

- **Benefits**

- *Intimacy*
- *Understanding*
- *Dreams*
- *Goals*

- **Obstacles**

- *Difficulty*
Understanding
- *Resolving Conflict*

Six Messages

- 1. What you mean**
- 2. What you actually say**
- 3. What they actually hear**
- 4. What they think they hear**
- 5. What they say about what you said**
- 6. What you think they said about what you said**

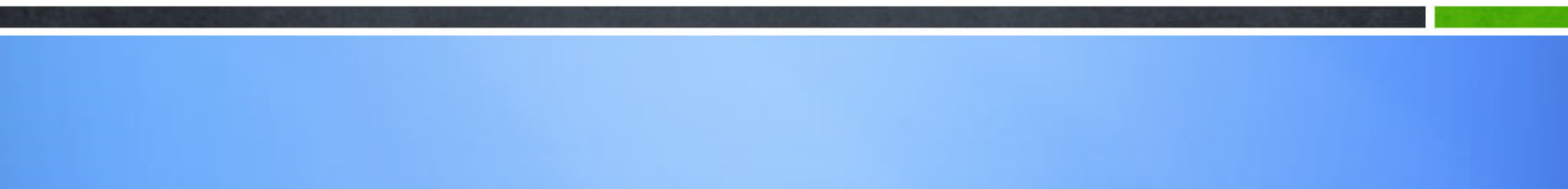
Communication

The meeting of meaning





Helps & Hindrances



What we say to others

Learn to control your tongue

- 1 Peter 3:10 “If you want a happy, good life, keep control of your tongue, and guard your lips.”*
- Proverbs 25:11 “A word spoken fitly is like apples of gold in a setting of silver.”*

What we say to ourselves

Learn to control your thought life

– Proverbs 23:7 “As a man thinks within himself, so he is.”

- Putting ourselves in a positive self talk is a discipline of the Holy Spirit every day. It involves taking every thought captive, making choices to believe God’s promises, and retraining your mind.

What we say to ourselves

Learn to control your thought life (Cont'd.)

– Philippians 4:8 “Finally brethren, whatever is true, whatever is honorable, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.

Understanding Our Differences

- **Expanders**

- *Talk a great deal*
- *Give a great amount of detail*
- *Tend to repeat themselves*
- *Enjoy the verbal process*
- *Work things out by talking.*

- **Condensers**

- *Talk very little*
- *Give a sparse amount of information*
- *Mostly process mentally*
- *Offer “a bottom line” conclusion.*

Understanding Our Differences

- **Expanders**

- *Expanders get hurt by condensers seeming unwillingness to talk.*

- **Condensers**

- *Condensers get overwhelmed by the expanders many words.*

Levels of Communication

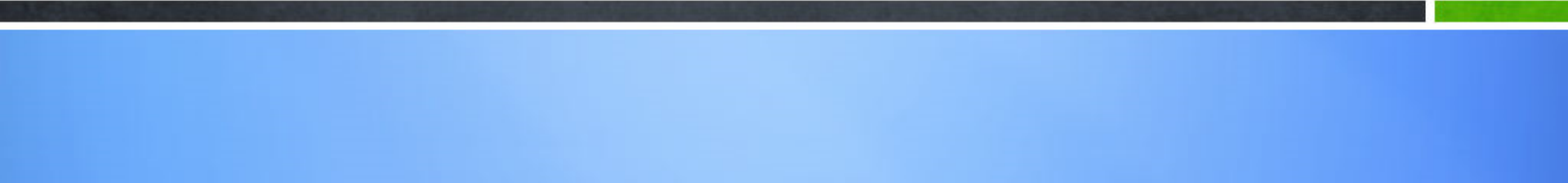
- **Acquaintance**
 - *Impersonal facts, Introductory information (mostly small talk/no intimacy needed)*
- **Informative**
 - *Personal Facts, Observations (More interesting yet discloses little of oneself)*
- **Evaluative**
 - *Offers opinions, ideas and judgments to others. (Little more risk involved/still not revealing the real you)*

Levels of Communication

- **Gut Level**
 - *Sharing our emotions and feelings with another. (Requires a higher level of intimacy and risk)*
- **Peak Level**
 - *Coming together with another in an extraordinary way. Two individuals who are gut leveling experience a transformation when they are sharing the exact same emotion with the same level of intensity. Two souls merge into one.*



Four A's of Communication



Skills to Learn

- **Approach**
- **Actively Listen**
- **Affirm**
- **Action**

Approach

- **First step of initiation.**
- **Examples:**
 - *I have noticed...*
 - *I wish...*
 - *I would like to understand...*
- Matthew 5:23-24 connects our spirituality to our relational healthiness.

Actively Listen

- A dialogue begins.
- Active listening steps:
 - *Person with concern states their need using “I” statements.*
 - *Person listening repeats what they heard with no judgment, no defensiveness and then asks if there is more. Ex: “I heard you say...” “Is there anything else you need to say?”*
 - *Person with concern may add to statements.*
 - *Person listening repeats what they heard with no judgment, no defensiveness and asks if there is more.*

Affirm

- **Understanding emotion**
 - *Affirming is accepting the feelings of the other person without judgment and caring that they are feeling this way. It assumes that the person is responsible for their feelings and will appreciate being understood.*
- **1 Peter 3:7** Husband's live with your wives in an understanding way.
- **Ephesians 5:33** Let the wife see that she respects her husband.

Roadblocks to Affirmation

- **#1: *Our own distrust in others' ability to work out their own problems. Our need to give advice trumps the affirmation of emotions. This sends the message that the other person is wrong to feel the way they do.***
- **#2: *Our belief that if we affirm someone's feelings it means we agree with them. Affirming feelings does not require you to agree with the other person. It simply means that you are listening, acknowledging, and understanding how they feel.***
- **“Be quick to listen, slow to speak and slow to anger”
James 1:19.**

Action

- **Both take an opportunity to suggest plans to provide for the needs of each other.**

Once both parties have the opportunity to hear and understand each other, the process of resolution should come quickly.