

# Communication

*The Art of Communication*

## Establishing Good Communication

### Major Points:

- 1) Express what you really want by saying it in a loving way.
- 2) Stay on the subject. It causes confusion when we don't. Ask your mate to remind you of that, then move on to the next subject.
- 3) Be careful not to lose your temper.
- 4) Practice to be quiet, hear your mate out and give them a chance to talk without interruptions. This is called active listening. Communication is two part listening and one part speaking.
- 5) Be honest when you are right or wrong.
- 6) Quit finding fault concerning your others especially with your mate. Focus more on all the good things about them.
- 7) You will be required to live a life of forgiveness.
- 8) The length of your marriage does not mean your spouse remembers everything about you. Remind them as often as you can.
- 9) Don't send out hints. Let people know what's bothering you. ***(Set your own personal boundaries)*** You must develop the ability to communicate what offends you. This will be difficult for some but ask the Lord for assistance. ***\*\*People will treat you in a way that you allow them too\*\****
- 10) Don't ever **stop talking** because you don't think your spouse is listening. Communication must continue. Just try again another day.

11) Stop all other activity when others talking to you; such as the T.V., Phone, Computer, I Pad etc. ***It is rude to not give people your undivided attention!***\* As a rule, avoid answering any text or phone call when someone is talking to you. Ask to be excused if you just have to get that call or a particular message.

12) Never lose control and yell when talking to anyone especially with your spouse and children. ***\*\*This is a horrible sign of immaturity, a childish mindset, being undisciplined and out of control\*\*.***

13) Never lose control and start physically attacking anyone. Stop the conversation immediately when you begin to sense you are becoming irate. Start again when you have completely calmed down and been able to reassess the situation.

14) Allow people to speak for themselves. Some people find it difficult to choose the right words in different types of conversations. Also never take another person's conversation and say what you think they are trying to say unless they ask you to. ***\*\*Most of the time you will be wrong\*\****

15) Never allow the entire conversation to be all about you. Ask people about their lives, families, and their interest as well. Add to what is needed to support their interest.

16 **Very Key!**--Avoid becoming opinionated. ***Try not to have something to say about everything.*** Try to introduce well factual, studied, researched and absolute wisdom concerning a subject. Sometimes it's simply smart to remain quiet until asked for your opinion.

17) You should **always** be willing to reconcile. ( Matt 18:15)

18) **Never laugh** at your mate or anyone that are struggling to express themselves. ***\*\*\* Again be patient\*\*\****

- 19) Never blame others for the issues and problems you cause. Quit making excuses and justifications for your faults. **\*\*Own up when you are wrong\*\*** (1st Cor 11:31,32 judgment will come). “Just own up and say I messed up”. No one is expected to be perfect. People will forgive you if you repent and mean it. Never say, if I hurt you I am sorry, No, most of the time you know if you hurt someone, just say you are sorry.
- 20) Don't discuss your former sweetheart with your mate.
- 21) Don't joke or tease at your mates expense.
- 22) Never correct your spouse in public, when it's a chance they will be embarrassed.
- 23) Try to never scream at your children or argue in public.
- 26) Try not to argue in the presence of your children.
- 27) Never take it out on children or anyone else when you are angry about anything or anybody. Try not to bring the pressures of the job or business home. Your family deserve your best behavior too.
- 28) Never say anything unkind to your spouse's family or friends.
- 29) Do you know God will send anyone to give you God-Sent advice? **\*\* This will in many times confirm what the Lord is already dealing with you about\*\***
- 30) Have you stop talking, so you can keep the peace? This is false peace when there are still problems. The elephant is still in the living room.
- 31) Discipline yourself to always bless people with your words or simply be quiet until you can. This include best friends, your spouse, the precious imperfect person God has blessed you with, to be a great gift to you. No, none of us have arrived at being skilled at this, but we are to help one another achieve God's best for our lives.