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# Communication 101

Research: \_\_\_\_ % of wives have uncommunicating husbands.

**THE PURPOSE OF MARRIAGE:** Genesis 2:18, 24—*And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him." Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.*

U \_\_\_\_\_

O \_\_\_\_\_

S \_\_\_\_\_ L \_\_\_\_\_

**THE NECESSITY OF COMMUNICATION:** 1 Corinthians 2:11—*For what man knows the things of a man except the spirit of the man which is in him?*

Only \_\_\_\_\_ know \_\_\_\_\_!

## SESSION 1

**HOW TO COMMUNICATE:** 2 Corinthians 6:11–13—*O Corinthians! We have spoken openly to you, our heart is wide open. You are not restricted by us, but you are restricted by your own affections. Now in return for the same (I speak as to children), you also be open.*

Communication is basically an act of the \_\_\_\_\_, not determined by our personality.

## Personality Types

Type A

Type B

D\_\_\_\_\_ S\_\_\_\_\_

B\_\_\_\_\_ B\_\_\_\_\_

### LEVELS OF COMMUNICATION:

1. D\_\_\_\_\_ to \_\_\_\_\_ events.

Tell me \_\_\_\_\_ that happened today

AND, how you \_\_\_\_\_ about them.

2. D\_\_\_\_\_ making.

3. When \_\_\_\_\_ arises:

**WHEN CONFLICT ARISES:**

(1) D\_\_\_\_\_ with the \_\_\_\_\_

a. Temporary time out

- Proverbs 30:33— . . . *so the forcing of wrath produces strife.*
- Ephesians 4:26—“*Be angry, and do not sin*”: *do not let the sun go down on your wrath.*

b. Examine your anger

(2) T\_\_\_\_\_ t\_\_\_\_\_ t\_\_\_\_\_.

(3) P\_\_\_\_\_ listening.

(4) Listen to f\_\_\_\_\_ and f\_\_\_\_\_.

(5) Seek to \_\_\_\_\_.

(6) Express \_\_\_\_\_.

(7) Ask: \_\_\_\_\_.

## SESSION 1

### OVERCOMING COMMUNICATION BARRIERS:

- Learn \_\_\_\_\_ .
- Ask \_\_\_\_\_ .
- Check \_\_\_\_\_ .
- Share \_\_\_\_\_ .
- Apologize.
- Meet \_\_\_\_\_ .
- Pray \_\_\_\_\_ .

### COMMUNICATION TECHNIQUES:

1. R\_\_\_\_\_ for clarity.
2. R\_\_\_\_\_ your feelings.

## BOOK RECOMMENDATIONS

All book recommendations can be found at  
[5lovelanguages.com](http://5lovelanguages.com)

***Anger***

by Dr. Gary Chapman

***The Marriage You've Always Wanted***

by Dr. Gary Chapman

***101 Conversation Starters for Couples***

by Dr. Gary Chapman & Ramon Presson

***101 Conversation Starters for Families***

by Dr. Gary Chapman & Ramon Presson

***One More Try***

by Dr. Gary Chapman

***Desperate Marriages***

by Dr. Gary Chapman

***Now You're Speaking My Language***

by Dr. Gary Chapman

***Things I Wish I'd Known Before We Got Married***

by Dr. Gary Chapman