

Effective vs Ineffective Communication

*Communication is the lifeline of any relationship.
Without it the relationship will starve itself to death.
-Elizabeth Bourgeret*

Sometimes the conversations just seem to roll along, where hours seem like minutes and there is a comfort level in discussing all things. Other times, it's difficult to even get a couple of words out of either of you. What's the difference?

It's the way that you communicate.

There are effective and ineffective communication styles and you probably have or have had many of them in your marriage.

Effective	Ineffective
Listening	Interrupting
Positive Body Language	Hostile Body Language
Managed Stress	Reactionary Responses
Emotional Awareness	Out of Touch with Yourself
Empathy	Judgment
Encouragement	Criticism
Use of "I" Statements	It's all about "Me"

1. Which of the styles in the list have you seen most often in your marriage?

2. Which one do you use most often?

3. Which one does your spouse use most often?

4. Which of the effective styles would you like to incorporate first?

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry

-James 1:19 NIV