



Improving Communication

Check any statements below which express problems on your part in your husband-wife communication.

- ☐ 1. I can't seem to find the right words to express what I want to.
- ☐ 2. I'm afraid that exposing myself will result in rejection.
- ☐ 3. I'm not convinced it will help any to try to talk.
- ☐ 4. I often don't talk because I'm afraid my opinion is wrong.
- ☐ 5. I'm too angry to talk.
- ☐ 6. Speaking up will only make things worse.
- ☐ 7. I talk too much and don't give my mate a chance to speak.
- ☐ 8. I lack good communication with God.
- ☐ 9. I try to hide the truth.
- ☐ 10. My speech is often defensive.
- ☐ 11. I frequently bring up his or her past failures.
- ☐ 12. My actions don't match what I say.
- ☐ 13. I don't really listen.
- ☐ 14. I try to repay anger with anger or insult with insult.
- ☐ 15. I tease my mate too much.

Choose any of the statements you checked, and write on these lines what steps you will take to deal with the problem.



Ways To Improve Communication

1. Don't assume you know ask.
2. Provide an open, permissive, accepting atmosphere.
3. Use compliments freely.
4. Pray for each other, and together.
5. Be willing to disagree, but in a gentle way.
6. Concentrate on being a good listener.
7. Build up your mate's self-esteem.
8. Seek more to understand than to be understood. ("I'm not sure I understand. Could you repeat that?"
9. When you are wrong or have sinned against your mate, admit it and ask forgiveness. Put it into words: "Will you forgive me?" and "Yes, I forgive you."