

Communication is one of those things we will probably never master. And it also takes continued attention as time passes and life-changes occur. **Here are some ideas on how to become better communicators.** Answer the question: "In what ways have we addressed these concepts and principles?"

1. Don't let the sun go down on your anger without coming to resolution.

2. Don't allow yourself to be entrapped in bitterness.

3. Learn a willingness to humble yourself and pray, knowing that all grumbling and complaining is ultimately against God.

4. Pay attention to each others heart. Keep working on your marriage system and marriage relationship. Define the places where you are not connecting.

Define and build upon the places you are connecting.

5. Spend time together alone, cultivating mutual interests and evaluating current successes and failures. Communicate every day!

6. Include a mutually agreed upon objective third person when you get stuck.

7. Identify other serious-minded couples with whom to grow and learn.
