

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.

My Strong Home.com
Keys to Communication
(continued)

Day Five

TO TALK ABOUT:

What are the things that make me angry?

What are the things that make me fearful?

Are there any mutual or individual roots of bitterness in our lives?

What part does forgiveness play in our relationship?

What mechanisms do you find that help you to humble yourself?

I feel my spouse and I don't connect when...

I feel my spouse and I connect when...

I feel my spouse and I disconnect when...

I feel we are cultivating mutual interests when we...

I believe that we are stuck in the area of...

A mutually agreed upon person with whom we would both be willing to consult would be...

The other people with whom we commune and share our lives are...
