

Session 8 - Communication *(continued)*

Amos 3:3, Philippians 2:2, 4:2

I. Primary conditions *(continued)*

3. Disciplined listener

Proverbs 13:3

- a. Listening with "third ear" (emotional overtones)
- b. Question when not sure of understanding
- c. Conditioned self-defense. Half of time forced to listen to teachers, bosses, salesmen, TV
- d. Bad listening habits
 - 1) Know each other so well, get used to a pattern
 - 2) Selective listening; what interests me
 - 3) Listen five times as fast as anyone can speak so mind wanders
 - 4) "Tune out" words: money, mother-in-law, ladies club, golf games

II. Purposes of communication

A. Develop and strengthen relationships

Proverbs 27:17

Proverbs 28:23

B. Personal development

1. Self-discipline

Proverbs 25:28

2. Objectivity

Proverbs 18:13,17

C. Resolve conflicts as they arise

"Don't sin by nursing your grudge"

Ephesians 4:26

D. Provide information for smooth functioning

E. Agree in decision making

F. Deepen enjoyment of one another

III. Problems in communication

A. Human heart

Isaiah 53:6

Jeremiah 17:9

John 3:19,20

B. Nature of language

Dictionary lists 14,000 meanings for 500 most common words

C. Fears, apprehensions, i.e., judgment, reflection, revelation, betrayal, loss of admiration

D. Defensiveness

Proverbs 13:10

Proverbs 10:19

E. Recalling past failures

F. Non-verbal communication, i.e., facial expressions, posture, sigh

IV. Principles of communication

Luke 6:31

A. Mutual consideration - Philippians 2:3,4

B. Example of Christ

1. Acceptance, not approval

John 8

2. Empathy "heart moved", i.e., casting out demons, healing, raising dead

3. Honesty, i.e., woman at the well

John 4

C. Personal discipline, verbal/non-verbal

1. Communicate regarding daily seeming nonessentials, maintain open lines, communicate on deeper issues when necessary

2. Use of non-verbal communication

a. Full use increases effective communication by four times

b. Many ways to say, "I love you." i.e., A glance, playful touch or a nod

Verbal and Non-verbal Communication

by Howard J. Clinebell, Jr. and Charlotte H. Clinebell•

Good communication is the ability to transmit and receive meanings; it is the instrument for achieving that mutual understanding which is at the heart of marital intimacy. Words are not the only communicators. Communication in any close relationship occurs on literally dozens of levels simultaneously.

Suppose a wife greets her returning husband with the words, "I thought you'd never come home." Her husband hears her words, but also receives simultaneously several other messages. There is the tone of her voice and its inflection: is it a whine or a caress? Her facial expression and the movement of her body tell him something. Is she smiling or frowning? Does she turn her back or reach out to him? There is also the implied expectation in his wife's remark, sometimes called the "demand quality" of communication. What response is she expecting from him? An apology for being late? A return caress such as, "I missed you, too." An attack: "Can't you let me live my own life?" Or is she asking for a lingering embrace? At the same time... the husband's ability to understand his wife's greeting depends on his ability at that moment to sort out and weigh the multilevel messages he receives.

Meantime, the wife is also required to translate the many cues she is getting from her husband. Communication is always a two-way street. Both husband and wife are simultaneously sending and receiving messages. Her statement can probably be understood only in the context of what happened between them before he went to work that day. The husband also sends several non-verbal messages as he enters the front door. . .

In order to strengthen communication in a marriage, a couple needs to learn to use the varied lines through which the messages and meanings are transmitted...

Another road to productive communication is, for husband and wife to learn the skill of saying it straight. Direct rather than devious, specific rather than generalized statements are required. A wife criticizes her husband as he sits at the breakfast table hidden behind the newspaper, "I wish you wouldn't always slurp your coffee." What she really means is, "I feel hurt when you hide in the newspaper instead of talking to me." Saying it straight involves being honest about negative as well as positive feelings, and being able to state them in a non-attacking way: "I feel", rather than "You are"

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