

His and Hers: Communication The Key

Picture of Sharks and Turtle

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Turtles: The natural inclination is to avoid and withdraw.

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Sharks: The natural inclination is to attack to win.

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Facts To Move Forward

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We Must Understand The Influence of Our Biological Family

We Must Know That Unresolved Conflict Will Kill Our Relationships

We Must Make Peace With Conflict

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Symptom	Root
Money	Values, Priorities, Power / Control Issues
Sex	Communication, Unmet Emotional Needs, Past History / Baggage
In-Laws	Loyalty, Expectations
Children / Work	Roles and/or Goals

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What Is Communication?

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Its Not Just, "What You Say"

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Words Alone = 7% of meaning

Tone of Voice = 38% of meaning

Facial Expression Gestures and Posture = 55% of meaning

93% Of Communication Is Non-Verbal

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What Do We Need

His and Hers: Communication The Key

(1 Slide)

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Love and Respect

Ephesians 5:25-28

25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, 26 that He might sanctify and cleanse her with the washing of water by the word, 27 that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. 28 So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself.

Ephesians 5:33

33 Nevertheless let each one of you in particular so love his own wife as himself, and let the wife *see* that she respects *her* husband.

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The Cycle – Picture



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In the middle of a conflict with my wife or significant other, I am more likely to be feeling:

- a. that my wife/significant other doesn't respect me right now.
- b. that my wife/significant other doesn't love me right now.

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Answer - 81.5 % of men say "b"

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“A simple application is that a wife is to display a respectful facial expression and tone when he fails to be the man she wants. She can give her husband unconditional respect in tone and expression while confronting his unloving behavior and without endorsing his unloving action. He may deserve contempt, but that doesn’t win him any more that harshness and anger wins the heart of a women.” Page 43 - Love and Respect

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Titus 2:3-5

3 the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things— 4 that they admonish the young women to love their husbands, to love their children,

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Men – How To Love Your Wife

- Closeness – Her Desire To Feel Connected
- Openness- Her Desire To Feel Open To Giving and Receiving
- Understanding – Her Desire For You To Understand Her Heart
- Peacemaking – Her desire For Tension and Problems To Be Handled
- Loyalty - Her Desire To Be Reassured Of Your Commitment To Her
- Esteem - Her Desire To Be Honored and Cherished

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Wife – How To Respect Your Husband

- Conquest- His Desire To Work and Achieve
- Hierarchy – His Desire To Protect And Provide
- Authority – His Desire To Lead And Serve
- Insight – His Desire To Analyze and Achieve
- Relationship – His Desire For Shoulder-To-Shoulder Relationship
- Sexuality – His Desire For Sexual Intimacy

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3 Keys To Effective Communication

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His and Hers: Communication The Key

1. Be Honest

Speak Truth But Don't Bite

Ephesians 4:15

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2. Be Diligent

Work Hard On Your Relationship

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3. Be Forgiving

Be The First To Say, "I'm Sorry."

Ephesians 4:32

And be kind to one another, tenderhearted, forgiving one another,
even as God in Christ forgave you.