

# Dysfunctional Communication (week 1)

Are my words harsh? \_\_\_\_\_

When I hear harsh words, it makes me feel?

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How do my harsh words make my spouse feel?

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Are my words mixed with kindness and truth? \_\_\_\_\_

*Just "speaking your mind" is not a good quality!*

Quarterly eliminations.....some people are emotionally constipated!

Being passive is not being admirable!

Punishing Silence

Unresolved Anger = an open door

**James 3:16 (NKJV)**

**For where envy and self-seeking exist, confusion and every evil thing are there.**

Anger is an indication of pain.

Public Honor

Sarcasm

Abusive

Check your volume!!!!!!

Insensitive

If it's important to you, it's important to me.

Hopeless/Faithless Words

Final Speech- I'm done

Reactive Speech-

**Proverbs 16:23 –Proverbs 16:24 (NKJV)**

**The heart of the wise teaches his mouth, And adds learning to his lips.**

**Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones.**

Working on your life and not just in it.

What can I do this week to improve my communication skills?

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