

Dysfunctional Communication (week 1)

Are my words harsh? _____

When I hear harsh words, it makes me feel?

How do my harsh words make my spouse feel?

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?
