

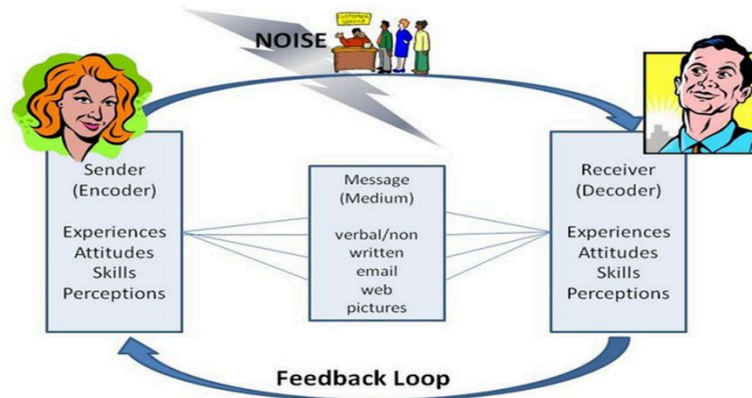
SAVAYÉ

SAVAYE ACADEMY FOR FAMILY LIFE EDUCATION (S.A.F.E) STUDY GUIDE

COMMUNICATION

Introduction

Effective communication is vital for connection in any relationship, especially in marriage. It helps partners understand each other's needs, resolve conflicts, and strengthen bonds within the family. Effective communication is the engine that powers the home for peaceful family life. This lesson offers insights and guidelines on essential communication skills.



The Communication Process

1. Barriers to effective communication

Physical Barriers: These are obstacles in the environment or physical state of individuals that hinder communication. They include noise, distractions, interruptions, lack of privacy, tiredness, hunger, illness, and even technology-related issues like auto-correct errors or device limitations (e.g., typing "my wifi is bad" mistakenly edited to "my wife is bad")

Mental and Emotional Barriers: These arise from the thoughts and emotions of the speaker or listener, such as preoccupation, assumptions, or emotional triggers, which hinder the ability to fully hear and understand a message.

Cultural Barriers. Cultural barriers involve beliefs and ways of life of a person that include language, words, gestures, symbols and meanings, role expectations, values, etc. For example, the word 'mad' could mean angry in one culture but mean mental illness in another culture.

Question: What are some barriers in your family communication?

Gender Differences in Communication

Men and women generally have different communication styles that can lead to misunderstandings and conflicts in a relationship. Understanding these differences can help couples communicate more effectively.

| Men | Women |
|--|--|
| Offer Solution More reserved More direct | Offer emotional support Use more body language and facial expression More indirect |

Essentials of Effective Communication

- **Transparency** is key for effective communication. It builds trust and gives clarity
 - **Active Empathetic Listening:** This is the gift of fully engaging with a loved one by focusing on their words and emotions, asking questions, and responding thoughtfully. It fosters understanding, tenderness, and care, especially during disagreements.
 - **Assertiveness:** Assertiveness is expressing your thoughts, feelings, needs, and boundaries clearly and respectfully while respecting your partner's needs and boundaries. It means saying what you mean and meaning what you say.
 - **Solution Speaking:** Solution speaking involves saying what you want and not what you don't want. It focuses on the desired outcome. For example, Say, "I want you to be early" and not "I don't want you to be late"
- Question:** What are some other examples of positive speaking?
- **Nonaggressive posture:** Firm yet gentle tone and volume supports effective communication. Avoid yelling, punching, shaking, hitting, slapping, pushing etc that could injure body and spirit.
 - **Willingness to Yield:** Communication breaks down when couples insist on their positions and refuse to consider the other's perspective. Effective communication requires listening openly and being willing to yield when appropriate.



The Crucial Cs of Communication

Catastrophic Cs to avoid: Criticism, condemnation, competition, comparison

Constructive Cs to apply: Connecting before correcting, Caring and not crushing, clarifying before concluding, curious and not critical

Call to Action: List 3 action steps you will take to improve communication in your family.