



Communication Guidelines

a resource from:



APOSTOLIC CHRISTIAN

Counseling and Family Services

Communication Guidelines

Malachi 3:16, "Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name."

1. Give priority to spending time together with God.
2. Be a good listener.
3. Be open and honest, but with great sensitivity to the other's feelings.
4. Be a good listener.
5. Develop habits of courtesy, kindness, and gentleness in speech and actions.
6. Verbal or physical abuse cannot be tolerated in marriage.
7. Again, be a good listener!
8. Don't be judgmental. Focus on the other's strengths rather than weaknesses.
9. Don't be a bored listener.
10. Don't ridicule your mate.
11. Don't give orders.
12. Don't over-correct or nag.
13. Don't use the silent treatment when you are angry. This can be abusive.
14. Don't interrupt.
15. Don't accumulate grievances.
16. When you think you have listened enough, listen a little longer.
17. Try to understand the feelings behind what your mate is saying, and be considerate of them.
18. Repeat back what you believe you heard your mate say (i.e., the "mirroring" technique).