

You constantly and continually deliver messages that reveal the true disposition of your heart.

It's not just *what* you say, but the *way* you say it, listen to others and look at others...

Steps to Solution –

o Key Verse to Memorize

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." -Eph 4:29

A Heart That Listens and Responds Correctly

Listening is easy to **fake**, attentiveness is simple to **pretend**, but **real listening** requires **effort**. The **3rd step** to becoming a **genuine** listener is learning *how to Communicate to Others!*

Communicate Care.

- **Wrong:** *"What's the matter with you?"*
- **Right:** *"I really care about your feelings. Are you okay?"*

Open the Door on the Past.

- **Wrong:** *"I'll bet you are just like your father."*
- **Right:** *"I would like to know how you felt about your father."*

Move Away from Manipulation.

- **Wrong:** *"If you don't talk with me now, I'll never speak to you again."*
- **Right:** *"When is a good time for us to talk?"*

Mirror the Message Back.

- **Wrong:** *"I can't believe you said that."*
- **Right:** *"I hear you saying that you feel I have rejected you. Is that **Right?**"*

Use "I" Messages instead of "You" Messages.

- **Wrong:** *"You make me feel like a zero."*
- **Right:** *"I'm struggling with feeling that I am of little value to you."*

Never say "Never"

- **Wrong:** *"You never let me talk."*
- **Right:** *"I feel at times that my opinions are not respected."*

Invest Yourself in the Other Person's Security.

- **Wrong:** *"It is so frustrating trying to get you to talk to me."*
- **Right:** *"Have I made it safe for you to respond?"*

Clarify when Confused.

- **Wrong:** *"I can tell that you just don't want me around."*
- **Right:** *"Would it be better if I were not here at this time?"*

Avoid Arguments.

- **Wrong:** *"I totally disagree with your way of thinking."*
- **Right:** *"Help me understand your reasons for this decision."*

Trust the Lord's Timing.

- **Wrong:** *"We're going to talk, and I mean now!"*
- **Right:** *"Let's talk when it's convenient for you."*

Eliminate Expectations.

- **Wrong:** *"I have a right to expect you to change."*
 - **Right:** *"I love you and am committed to our relationship."*
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