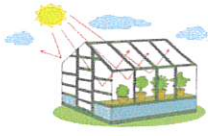



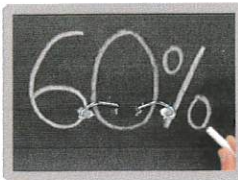


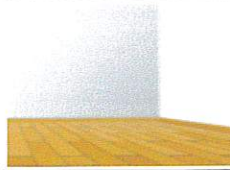
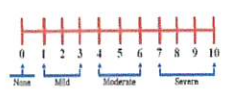



Communication Toolbox

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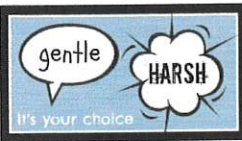
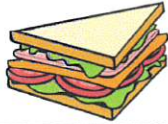



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	Tool	Reminder Pic	Brief Description	Related Biblical Truth
	1. The 5:1 Greenhouse for Healthy Marriages		Research shows there must be at least a 5:1—positive to negative—ratio of comments/ gestures/ touches/ inputs for a marriage to survive long-term. Studies reveal a goal of up to 13:1 to truly thrive.	Proverbs 4:18—Death and life are in the power of the tongue, and those who love it will eat its fruits. I Thess. 5:11—So encourage each other and build each other up, just as you are already doing. Also, James 3:1-18!
	2. Antidote* "The Four Horsemen" (Gottman)		*Criticism: attacking person & motives *Contempt: derisive dismissal or insults *Defensiveness: reverse blame to protect *Stonewalling: withdrawal as disapproval	James 3:17—Wisdom that comes from heaven is first of all pure; then peace-loving, considerate, willing to yield to others, full of mercy and good fruit, impartial and sincere.
* Antidotes for Criticism	3. "I" Over "U"		Use "I" rather than "you" to express experiences, needs, impact, struggles, tensions, opinions, complaints, requests. "I feel/ need/ experience..." rather than "You always/ never..."; "You make me..."	I Peter 3:8-12—...Sympathize with each other... Be tenderhearted and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults... Search for peace, and work to maintain it. See also Galatians 6:4-5
	4. No Scorekeeping		We judge ourselves by <i>intentions</i> , but discount other's <i>intentions</i> . Scorekeeping wants more than it gives, but love is a sacrificial calling. We each must intend to give 100% and cultivate a grateful heart even when our expectations fall short.	Luke 6:37—Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. John 15:13—Greater love has no one than this: to lay down one's life. Acts 20:35—Jesus said, "It is more blessed to give than to receive."
* Antidotes for Contempt	5. Reframe the 60% 69%		Research shows 60% 69% of marriage disagreements can't be resolved, so we learn to reframe them. Think: "Glad we have different genders, values, tastes, personalities, strengths." "She is so cute the way she..." "We are better together!"	Romans 12:6, 10, 16—In his grace, God has given us different gifts for doing certain things well. ¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹⁶ Live in harmony with each other... And don't think you know it all! See 1 Corinthians 12:12-31
	6. A.D.A.M. & E.V.E.		A.nticipate E.cho D.aily V.alidate A.dmiration E.mpathize M.oments	Ephesians 5:33—So again I say, each man must <i>love</i> his wife as he loves himself, and the wife must <i>respect</i> her husband. Genesis 1:27—...male and female He created them.
* Antidotes for Defensiveness	7. Bids for Presence		Answer your spouse's "bids" for attention by being truly <i>present</i> ; it reaps huge results. Couples make many <i>bids</i> each day; each a chance to turn toward your spouse (or ignore). Thriving couples match bids for attention with <i>presence</i> .	Romans 12:10b—Give preference to one another in honor. Luke 8:18—Consider carefully how you listen. Mark 4:24—Pay close attention to what you hear. The closer you listen, the more understanding you will be given. John 15:12—Love as I have loved you
	8. The Floor		"The Floor" is an active listening tool also called "Speaker-Listener" tool. Give your spouse "the floor" until you "get it." "Seek to understand before you seek to be understood." Take the time to hear well.	Proverbs 18:2—Fools have no interest in understanding; they only want to air their own opinions. James 1:19b—You must be quick to listen, slow to speak, and slow to get angry. Luke 8:18—Consider carefully how you listen.
* Antidotes for Stonewalling	9. The Scale (1-10)		A scale of importance 1-10 can help communicate values and preferences or relay levels of intensity for expectations to better arrive at good compromises.	Romans 12:16—Live in harmony with each other...And don't think you know it all! Luke 14:28—Don't begin until you count the cost. Proverbs 20:5—Draw out understanding
	10. The Pause Button		If a conversation moves beyond helpful to harsh, hit "Pause;" and schedule a restart. Better to wait than to risk harm, but don't avoid reengaging in the conflict in a healthy way later. Reassure your love, loyalty, and desire to hear, then reschedule and refresh before meeting.	Proverbs 17:14—Starting a quarrel is like opening a floodgate, so stop before a dispute breaks out. Pr. 29:11—A fool gives full vent to his anger, but a wise man keeps under control. Eph. 4:31-32—Get rid of all rage, bitterness, anger, harsh words and slander Pr. 20:3—It's to a man's honor to avoid strife

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11.	Love Maps		Know each other's inner world and be interested in his or her outer world as well. What matters to them? What is on their schedule and on their mind? What are their dreams, preferences, desires, hopes, fears, concerns, passions, ...?	1 Peter 1:22, 3:7—...so now you must show sincere love to each other as brothers and sisters. Love each other deeply with all your heart. ⁷ Live with your wife in an understanding way... Gen. 4:1—Adam knew (<i>Heb. = yada: to perceive, understand, relate,...</i>) Eve, his wife
12.	"Be h'angry and sin not"		Disagreements often arise when we are in a compromised state: hungry, tired, stressed, harried, ... We need to rest, exercise, ponder, then connect again. Plan wisely the timing and place for difficult conversations to be productive.	Ephesians 4:2--Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Esther 4:8—Esther: "...let the king and Haman come tomorrow to the banquet I will prepare. Then I'll answer the king's question."
13.	Gentle Start-Up		Use a gentle tone when dealing with your spouse's faults. Treat them with the kindness and respect you want to receive when the tables are turned. Be kinder than you are with strangers or friends.	Proverbs 15:1—A gentle answer deflects anger, but harsh words make tempers flare. Matt. 7:12—Do to others whatever you would like them to do to you. Col. 3:10—Husbands, love your wives and never treat them harshly.
14.	Sandwiches (for your tender subjects)		A kind statement put on both sides of a hard truth can soften a tender topic. Truth in love. The good with the bad. Believe the best, note the positive, celebrate wins	Ephesians 4:15, 5:31-32—speak the truth in love, growing in every way more and more like Christ, ... ³¹ Be kind to each other, tenderhearted, forgiving one another...
15.	Humility	Humility is not thinking less of yourself, but thinking of yourself less. — C.S. Lewis	Pride kills intimacy. Humility restores, repairs and revives it. Pause, think of yourself as a servant. Choose to value the other. Be humble about your own part of any conflict. Lay down your life, your demands, and debts. Sow generosity.	Philippians 2:3-8—Don't be selfish... Be humble, thinking of others as better than yourselves. Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others ^{above} yourselves, ... have the same mindset as Christ Jesus
16.	Forgiveness—"Marriage is the union of two good forgivers"		As believers, we realize that forgiveness is crucial to a healthy marriage. We <i>will</i> offend and hurt each other, so generous forgiveness is paramount for health. God closely connects it to power in prayer.	Colossians 3:13—Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. See also Mark 11:22-25, 1 Peter 3:7 and many others about forgiving.
17.	Repairing Quickly		You're going to get over it, so why not make it sooner? Choose grace; feelings will follow! Remember you'll never agree on 60%, 69%, so crack a joke, lovingly touch, smile, be self-deprecating, be playful, express hope, reassure love & faithfulness even as you process conflicts and differences; <i>lighten up, tease, trust, extend grace, enjoy the journey!</i>	Ephesians 4:2,26,27--Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ²⁶ And don't sin by letting anger control you. Don't let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil. Proverbs 20:3—It's a mark of good character to avert quarrels, but fools love to pick fights.
18.	Dating & Mini-Moons		Couples should schedule a rhythm of weekly dates limited to fun and romance (in addition to regular "family staff meetings" set-up for problem solving), plus occasional romantic "Mini-Moon" escapes. Important tools for building oneness and banking relational capital.	Song of Songs 2:10-13—My lover said to me, "Rise up, my darling! Come away with me, my fair one! Look, the winter is past, and the rains are over and gone. The flowers are springing up, the season of singing birds has come, ...Rise up, my darling! Come away with me, my fair one!"

Bibliography of Key Sources for Research and Concepts (recommended for further study):

The Seven Principles for Making Marriage Work, John Gottman and Nan Silver; *Communication Miracles for Couples*, Jonathan Robinson; *Fighting for Your Marriage*, Howard Markman, Scott Stanley and Susan Blumberg; *Intimate Allies*, Dan Allender and Tremper Longman; *Love and Respect*, Emerson Eggerichs; *Sacred Marriage*, Gary Thomas; *Finding the Right One After Divorce*, Edward Tauber and Jim Smoke; *How Full Is Your Bucket*, Tom Raft and Donald O. Clifton; *The Meaning of Marriage*, Timothy and Kathy Keller. *Love Busters*, Willard F. Harley, Jr.; *Created for Connection*, Sue Johnson and Kenneth Sanderfer