

Communicate in love



The development of good communication skills at this deeper level is a gradual process which requires the participation and commitment of both partners. Marital unhappiness and failure are often the result of the couple's inability to communicate with one another at the deeper level where feelings, expectations, and personal needs are shared. Learning to recognize and name our own feelings and the feelings of our spouse is one of our most important and difficult challenges.

Only one person is responsible for communicating your thoughts to another person: you. God has equipped us with minds, mouths, tongues, vocal cords, ears – with all the necessary equipment to talk and listen to each other. People often simply lack basic communication skills. But we can all learn to communicate effectively with each other. And when we do so, we experience a special joy and reach a depth of mutual understanding in our relationship. A side benefit of developing good communication habits is that it improves the relationships with our children and other people close to us.

Good communication requires constant effort. Learning completely new patterns takes a lot of practice. But it is possible! This workshop can be a new beginning, but the secret from here on is to practice, practice, practice because your partner deserves the best you can give.

In this workshop you will learn

- to name and share your emotions and feelings
- the four-step Cycle of Communication
- different communication models
- to take practical steps to improve your communication skills as a couple

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