



Parakaletic
COUNSELING

COMMUNICATION KILLERS

Carnal Led Communication



Criticism

This is not just what you say, but how you say it. It starts with a harsh startup in the disagreement that includes tone, volume, and the words you choose. This often determines the outcome of the conversation. This is your first chance to show hostility. This is attacking the person, not the problem, which always makes you enemies instead of allies. This is blaming and it only makes things worse. At this point, you may not be aware you are hurting your spouse, or that you have been hurt, you are just reacting.



Contempt

This is when you try to get even. Because you feel bad, you want your spouse to feel bad. The fuel for contempt is to ruminate and consistently think negative thoughts about your spouse. This is a form of disrespect, sarcasm, and cynicism. It includes, but is not limited to, name-calling, eye-rolling, sighing, and crying. You begin to think you cannot stand this person or what they do. You begin statements with "you always...you never...", leading to more conflict and destroying trust.



Defensiveness

You begin to exaggerate your good and your spouse's bad. You are aware of your hurt and want them to be fully aware of the hurt you are trying to give them. Becoming defensive is a way to blame your spouse and say the problem is not you, but your spouse. Often there is whining by at least one spouse who thinks they are the innocent one in this situation. You begin to wonder why you are being picked on. You might ask why they cannot see the good things you do. Defensiveness escalates conflict because the more you defend the more the other attacks.



Shut down

You start to look for companionship outside of your marriage. The more you shut down, the more angry, insecure, & rejected your spouse feels. Rather than keeping communication open, you melt down, shut down, or blow up. You are more comfortable sitting with your feelings than with your spouse. The one shutting down, no longer gives feedback. When this happens memories that were good turn bad. Flooding of emotions happens, which causes more conflict, loneliness, & misunderstandings.



Parakaletic COUNSELING COMMUNICATION CONNECTORS

Spirit Led Communication

Read Ephesians 4:15 and
Colossians 4:6



Legitimate Need/Desire

**Read Proverbs 16:24,
Colossians 4:6, and
Proverbs 15:1**

Criticism often demonstrates a legitimate need or desire. It is good to express these to your spouse. The key is to learn how to express a need and/or desire without being critical—this is kindness. There are many times in life you have to say the hard things, but you can always say the hard things in a kind and loving way. When you attack the problem, instead of the person you become allies and not enemies.



Admiration & Fondness

**Read Ephesians 5:20,
Colossians 3:15, and
1 Corinthians 13:4**

Men need unconditional respect and women need unconditional love expressed to them. If women demand unconditional love and demand the man earn respect, they make the man responsible for both parts of the relationship. This needs to be expressed in little ways many times a day. Expressed admiration and respect is paramount to repairing and continuing good communication.



Needs, Wants, & Desires

**Read
Galatians 5:13-15**

In place of defensiveness you need to practice putting each other's needs, wants, and desires ahead of your own. If you spend your life meeting their needs, wants, and desires but it is not reciprocated, you can still be happy and have your needs, wants and desires met in your relationship with Christ. This is impossible outside of God's help.

**Read Philippians
4:19, Psalm 23:1, and
Psalm 37:4**



Take a Break

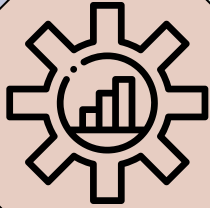
Read Ephesians 4:26

This verse does not mean to not go to bed until you are done fighting. If it is too late at night you will not be able to concentrate and express yourself properly. Sometimes it is necessary to stop fighting and set up a time the next day after some sleep and a meal or two, to resume talking. Taking a break allows you to calm down, get your heart rate down and return to the discussion in a calm, respectful way. For more information, refer to the Fight Right Rules.

LEVELS OF COMMUNICATION



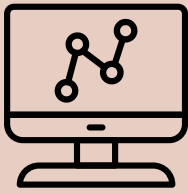
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COUNSELING



01

CLICHÉ CONVERSATION

This is surface level that entails questions like, "How are you?" "How was your day?" or "What would you like to eat?"



02

REPORTING FACTS

This is where you share what happened during your day or what you are facing. You talk about what has happened to you. There is no relational progress in these first two levels. This is what you would be willing to put on social media.

7 MINUTE MARK – After 7 minutes of continuous conversation real communication begins to happen.



03

IDEAS AND JUDGEMENTS

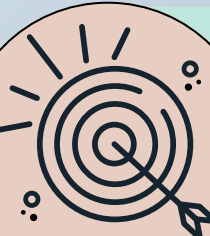
These are your opinions, dreams, and desires. This is where you share what you thought about what happened and what should have happened or needs to happen. You share because you know your ideas are valued and desired.



04

FEELINGS

This is where you share your feelings about not just what has happened, but life, ideas, and what you hope for. You feel comfortable with the other person and live with the knowledge that you are loved and accepted unconditionally.



05

DEEP EMPATHY

This is peak communication. This is what your heart longs for. It is to be known, understood, and accepted unconditionally. You know you are known and loved, despite what the other person knows about you.