

WEEK 2 AUTHENTIC COMMUNICATION WORKSHEETS

KEY BIBLICAL PRINCIPLES

Proverbs 15:1; Proverbs 18:13—Listen before responding. A gentle response defuses frustration.

Matthew 12:34; Proverbs 10:19-20—Words reveal the state of our hearts.

Luke 6:45—The truth of God stored in our lives will be reflected in our speech.

Ephesians 4:32—Be kind and compassionate, forgive each other as quickly as Christ forgave us.

Colossians 4:6—In conversation, bring out the best in others.

James 1:19—Quick to listen, slow to speak, and slow to become angry.

James 4:1-6—Pride and selfishness are the main sources of conflict.

Discover Your Love Language by taking the quiz at

<https://www.5lovelanguages.com/quizzes/love-language>

List Your Top 3 Love Languages

Hers:

His:

Benefits of knowing your love language:

1 You know what you want

When you learn your love language, you'll become more aware of what you want and need from your relationships. If your love language is "receiving gifts," you probably won't want to date someone who's a die-hard minimalist. There's no need to waste your time and risk not having your needs met if your potential partner has made it clear that he or she has no intention of attempting to learn your language. Don't worry, your "just because" cards and flowers are out there.

2 You gain a better understanding of past relationships.

Finding out your love language can be an eye opening moment. This new information may provide more clarity as to why some of your previous relationships didn't last. If your primary relationship language was revealed to be "words of affirmation," and you've mostly dated partners who had difficulty expressing emotions and reassuring you verbally, that's your reason right there.

3 Your communication skills improve.

Now that you know your long language, you'll more than likely force your significant other to take the test too. You know, for the greater good of your relationship. The first step in learning a new language: identify which language you're trying to learn. Once you do, your communication skills will only get better because it'll be easier to explain what you need from your partner.

4 You'll feel happier in your relationship.

You've found your love language, you've taken the time to communicate this information to your partner, and everyone is making real effort to keep the relationship alive. Awesome. Chances are you'll feel more understood and appreciated than ever before. If your love language turned out to be "physical touch," then little gestures like your partner reaching for your hand and randomly kissing your face will definitely make your heart happy.

5 Your birthdays will be so much better.

Listen. Now that you and your partner both understand your love languages, birthdays (or any gift giving holidays) will be so much better. If your love language is "quality time," then your partner will now know that instead of an over-the-top gift or surprise party, the thing you might want most is something with just the two of you. Maybe a quiet dinner or the classic Netflix and Chill? You're both so busy with life and obligations — these low-key moments with your boo are what truly matter to you, and now they know that.

6 You become better at compromising.

If you're currently in a relationship that you're hoping will last, then compromises are necessary. This is even more true after learning your love language. If you like "acts of service" and your boo likes "physical touch", a great compromise would be asking them to help you fold some laundry instead of watching TV all day. Maybe in return you'll be the big spoon all night, even though you're not a big cuddler.

It's worth noting that while love languages are mostly geared towards romantic relationships, they can factor into and improve the way we relate and interact with everyone we love

Here are some suggested communication exercises for you to practice together:

Start by expressing a feeling in response to a behavior:

I feel _____ (insert emotion/feeling word such as frightened, overwhelmed, disrespected, ignored, etc)

when you do _____ (specific action, statement, or event)

And what I need is _____ (specific behavior change, alternative response, or call to action)

Let's take this example: You asked your partner to take care of folding the laundry and two days have gone by without so much as a pair of socks being matched.

First, identify the feeling. How did it make you feel when you saw the laundry still unfolded? Frustrated, ignored, unheard? Next, have a solid idea of what your partner can do differently next time. Do you need more info on their expected timeline? Would you like them to let you know if they cannot take on that task at this time? Get specific!

Now, put it all together following the formula above.

I feel frustrated (feeling word) and that my requests are not important when you agree to take care of a task around the house and then don't do it (specific event). What I need is a clearer understanding of your timeline and when you may have work that interferes with being able to take care of it (action partner should take)

Beginning With a Compliment

One of the main techniques we work on is called problem definition and the framework is:

I like it when you ____, but when you _____, I feel _____.

There are many rules and things to practice in order to do this framing well, but three good rules to start if you want to try it are:

1. The thing you like should be as generous and specific as you are able to compliment them on something related to the problem. I like it when you take care of the dishes after dinner without anyone even asking, you get everything completely cleaned up and I love that time to help me unwind.

2. The problem should be as behaviorally-specific as you can. Saying "When you disrespect me" is useless to your partner, they have no idea what you are asking them to do. "When you leave your clothing around our home on the floor" is specific and makes clear what you are asking to change.

3. I feel should be an actual emotion, not 'I feel like you are a jerk.'

Also, the softer the emotion the better. Say 'I feel furious' if you need to, but 'I feel helpless' also might be accurate if it captures, for example, a feeling you can never catch up and are overwhelmed."

Active and Reflective Listening Exercise

This involves one person sharing a thought or a desire, while the other listens mindfully with the intent to fully understand what the other person is saying.

After the first person shares, the reflective listener repeats back what was said in their own words to ensure they understood.

Example:

Each of you make a wish list of 3 things they want more of in their relationship such as more date nights, more cuddle time, less phone time, etc.

Communicate your wishes to your partner and what it will add to their relationship.

Partner rephrases what was said as they understand it, in their own words. If they get it wrong in any part, take time to clarify and try rephrasing again.

Fishbowl Active Listening

"One person (1) begins by taking 30-60 seconds to share whatever it is they want to share. You want to time this or make sure the person does not speak too long because:

Person 2's job is to literally repeat what they heard them say, starting with, I heard you say... This is not the time to translate or share thoughts or feelings. This is the time to just try and repeat the words that were used. Person 1 can help if they are stuck. Person 1 can share if they felt person 2 heard them or not and if they didn't feel heard, they can repeat what they said that person 2 might have missed.

After person 1 felt heard, because person 2 was able to repeat their words pretty well, person 2 then responds however they would like for 30-60 seconds."

Then the exercise repeats, with person 1 reflecting what they heard from person 2 and so on.

These exercises will help you both be better listeners and communicators because you will get better at actually hearing each other and speaking in a way your partner understands.

I Feel Loved by You

Sit together and have a dialogue:

Partner A says, I feel loved by you when. ... (Complete the sentence.)

Partner B says, Thank you. Then Partner B says, I feel loved by you when. .(Complete the sentence.)

Partner A says, Thank you.

Repeat these exchanges alternately for about ten or fifteen minutes. The thank you responses are to prevent you from praising, criticizing, blaming, making excuses, or otherwise commenting, positively or negatively, on your partner's statement.

Say your sentence and complete it as quickly as you can, back and forth, and after a few minutes you'll find that your ideas flow smoothly. If you get stuck, just say pass, and go on to the next round.

After doing this, discuss what you've learned: Were there any surprises? Did you get any good ideas from your partner's statements?

How did you feel, hearing how your partner felt loved? How did you feel, sharing how you felt loved?"