



Communication toolkit
for lovers in marriage. ("you little fox you")
"Marriage is a perpetual test of character"- Anon

I want to move from manipulation to edification in communication. In the white space above, I will write down what I choose to use communication for, in words and phrases...

I want to recognize any possible idols in my life. What do I defend irrationally? When, usually, will my spouse resist me? What thing in my life is never too much trouble, day or night? (Holy Spirit, help me see.)

Who is my "person in the corner"? Who holds an unusual power over my decisions? A parent, a friend, a boss?

What are my communication booby traps? I'll think through some of these...

Withdrawal/ Moodiness/ Poking/ Aggravating/ Fake defeats(OK, I am evil, you're an angel)/ Explosion/ Taking it public/ Punishing my spouse in private/ Blameshifting/ Excuses/ Self-pity

I want to employ some of these tools to communicate better...

Praying right upfront for God's help and my humility.

Listening to understand, not argue the individual points.

I will remove the sting of accusations.

I will respond in faith, not like a striking serpent or a wriggly worm.

I will acknowledge my spouse's points as they are made. (Progress points)

I will identify my emotions, name them and then set my emotions aside to be accurate in diagnosis.

I will bravely testify against myself.

I will boldly declare my love and covenant vows again.

If I am a talker, I will allow my spouse to think.

If I am a thinker, I will allow my spouse to talk.

I will commit to closing this case and moving on, having dealt with it fully.

I will remember God in the heat of my moments.
