



Week Three

*Effective
Communication
with your
Husband*



Week Three: Effective Communication with your Husband



Welcome to Week Three of the Wives of Worth Program! This week we are talking about how to effectively communicate with our husbands. Sometimes we *think* we are communicating well, but oftentimes, we think a lot about what we desire in marriage, or what we desire our husbands to do, but many of these conversations mostly take place in our minds!

Communication is a learned skill that takes **assertiveness** and **active listening**.*

Assertiveness does not mean bossing your spouse around. It means being intentional to clearly express your thoughts, feelings and desires to your husband and to ask for what you want in your relationship. We often desire for our husbands to do something, but we do not clearly and effectively communicate our emotional needs and desires. Only God is omniscient, so He is the only One who knows our inner thoughts. We cannot read our husbands' minds, and they cannot read ours.

Active listening is also a powerful communication skill. It is the ability to let your husband know you understand them by restating what they have shared with you. Active listening is effective is an active exercise because it requires spouses to truly listen to each other without interrupting the other person speaking or defending themselves.

It gives each person the ability to share their thoughts, feelings and desires freely. Then the other spouse who is the "active listener" responds only by restating or summarizing what the other person said. This gives couples clarity and understanding of each others' needs and desires without fear of being judged or misunderstood.

James 1:19-20 makes this very clear,

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Active listening gives couples the opportunity to be "slow to speak", in order to truly hear the heart of their spouse. Try using the skill of assertiveness and active listening on the next page.

*Source: Prepare/Enrich training resources



Assertiveness and Active Listening

Practicing Assertiveness--Sharing your Desires

Make a "wish list", or a "desires docket" of at least three things you would like more or less of in your marriage.

It is important to start your list of desires with "I statements" like "I wish..." or "I desire..."

After you have written your wish list, share one wish/desire with your spouse. Remember to include an "I statement". (Note: It is important to only share one desire at a time to give them a chance to listen and respond to one topic at a time.)

Practicing Active Listening--Restating what you Heard

Allow your spouse to restate, or summarize what you have shared with them. The point of this exercise is not necessarily to solve the issue right now (this will take place in a different session). The point of this exercise is to improve the communication skills of assertiveness and active listening.

When your spouse has accurately restated your wish or desire, switch roles. They will then share a desire using "I statements" and you will be the active listener.