

# Communication: Sharing information so that it is understood



It is *astounding* the number of couples go for counseling stating, “We can’t communicate.” They communicate at work, with friends, and in many other instances, but they say that they can’t communicate with each other. One might wonder how this could be, but the answer is really, quite simple. Too often, we are not engaged enough with our spouse to communicate in a way that we are understood. We don’t take the time to truly communicate. We expect our spouse to understand what we say, but we don’t say what we mean or say it in a way that he or she can understand what we mean. How many times do simple statements explode into arguments? We attack or speak harshly and our spouse is offended and reacts negatively. The resulting argument is not about the issue, but about the negative communication and brings division in our relationship.

Interestingly, most couples can talk for hours upon hours when they are newly in love. Yet, after some period of time, communication breaks down and the relationship begins to deteriorate. The answer is *not* finding one’s true soul mate with whom they can communicate. It is stopping and communicating to be understood—taking into account our spouse’s differences, clarifying, and speaking *in love*. Ephesians 4:29 says, “*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*” Communication should not be about our own agenda or getting our own way, but in everything building relationship and seeking to connect with our spouse. Raised voices and angry tones will not communicate in a way that the other person understands. We are admonished to speak in love, even when we have to address problems. Seek unity and oneness with your spouse as you communicate with him or her.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

*Communication Tools For Couples:* [www.fortifiedmarriages.com/docs/Communication%20Tools.pdf](http://www.fortifiedmarriages.com/docs/Communication%20Tools.pdf)

*Keeping Your Communication Effective:* [www.fortifiedmarriages.com/Images/Communication%20points4.pdf](http://www.fortifiedmarriages.com/Images/Communication%20points4.pdf)

**Book to check out:** **Communication in Marriage: How to Communicate with Your Spouse Without Fighting** by Marcus & Ashley Kusi

**See Also:** *Coupletalk: Learning Healthy Ways to Communicate* - [www.coupletalk.com](http://www.coupletalk.com)