

Communication for Couples

1. Use the language of experience to communicate emotional issues.
2. Manage the urgent; wait on the important.
3. Don't be afraid to repeat things.
4. You are not always wrong, but you are always different.
5. Hear her out. She needs to be listened to, always.
6. Security matters to her foremost; freedom matters to him.
7. He wants sex; she wants emotional intimacy.
8. Schedule time once a week to handle important and critical issues.
9. Men are not going to understand their wives and it is not their fault. They are different.
10. Men need to think about things. Schedule time away from your spouse to think before dealing with difficult issues.
11. Men don't get hurt, i.e. "you hurt my feelings"- men get angry. Deal appropriately with your anger.
12. Don't talk when you are tired. Wait until you are rested.
13. Have a time every week to talk and a time every week to have sex. They are not the same time.
14. Wives want to be understood. They don't understand their husbands anymore than their husbands understand them. But men have to try to understand and help them understand.
15. She needs to be loved and he needs to be respected. This is foundational for all marriages.