

Communicating with your Mate

1. Language Barriers

1. Different languages
2. Agendas
3. Hidden agendas
4. Body language
5. Unresolved issues
6. Lack of communication with God
7. Self-talk that is condemning

2. Language Enhancers

1. Be prepared to communicate.
 1. Set a time.
 2. Set a place.
 3. Minimize the distractions.
2. Be a good listener.
3. Invite your partner into the conversation with your body language.
4. Spend time with the Father of heaven before you spend time with your mate on earth.

3. Five Levels of Communication

1. Lowest level — cliché conversation
2. Reporting facts about others
3. My ideas and judgements
4. My feelings or emotions
5. Highest level — complete emotional, personal, and truthful communication.

