

Breaking the Cycle of Bad Communication

Scriptures: Phil. 2:1-8, 1 Peter 3:8

KEY: *You cannot reason together if your emotional intensity is too high.*

1. Acknowledge that the bad communication cycle is beginning. Watch for these warning signs:
 - Pride
 - Defensive spirit
 - Self-focused mindset
 - Anger
 - “Flight” response
 - Increased heart rate

2. Calm yourself down.
 - Pray for a spirit of humility.
 - Acknowledge your need for Christ to help you.
 - Take a deep breath.
 - Refocus on the problem, not the person.

3. Clearly define the problem to be solved. (*You can only solve one problem at a time.*)

4. Take responsibility for your own voice tone, body language, words, and being understood (avoid projection, false assumptions, blame, accusations, or justification).

5. Remember that the love you have for each other is bigger than any problem. (*Appreciate who the other person is.*)

6. Communicate with each other with the goal of understanding each other’s perspective and needs, and validate them (make sure there are no assumptions).

7. What are the possible solutions to the problem? (*Do we need to seek outside counsel?*)

8. What is God leading us to do together to solve the problem?