


Communication

2 Skills of Great Communicators

Work Talk	Heart Talk
A → B	A  B
Task Focused	Heart Focused
Facts and Opinions	Feelings and Longings
Solution Focused	Caring and Understanding
Sense of Accomplishment	Connection and Bonding

Heart Talk

Speaker	<h2><u>I</u>dentify</h2> <h2>C<u>a</u>re</h2> <h2><u>U</u>nderstand</h2>	Listener
Get in touch with your emotion.		Focus on your spouse's feelings.
Ask for time and give your heart a voice.		Allow your heart to be impacted by their feelings.
Seek understanding. Express your emotion directly; "When _____ happens, I feel _____."		Demonstrate understanding. Summarize and validate what they felt.

The purposes of a man's heart are deep waters, but a man of understanding draws them out. Proverbs 20:5