

## HEALTHY COMMUNICATION - Part 2

SERMON, August 18, 2019

There is a very familiar phrase that I think you've heard already: "men are from Mars, women are from Venus." Those who studied and researched the male and female behaviours definitely support this saying, including Paul in the Bible. Men and women definitely think, talk and react differently, like we would not be on the same planet. To have a healthy communication, we have to acknowledge and accept it. The problem is when we only acknowledge it but we don't accept it and say things like: "you cannot understand this" ... "you don't know how things are going" ... "you have no clue what is going on" ... or ... "how on the earth can you not understand this?" ... "I don't get it why is so difficult for you to see things THIS way" ... "open your eyes and see the reality" ... "I am sick and tired of telling you how things are working" ...

Could you please continue from here? ... I am sure you could, but you don't want to, because then we would know you were using the same sentences already in your communication.

Acknowledging and accepting that men and women communicate differently is the first step towards having a healthy and fulfilling relationship.

Communication often can be challenging. Good communication is the key to any relationship, and we often forget this, including myself. We need to learn how to communicate better. Communication is the key to avoiding and straightening out any misunderstandings, and to working through problems for a happier future together.

There are different type of personalities: Some people like to talk, some they don't. A simple conversation between person A and B:

- Hey Honey, I am home. Oh what a day, but I am glad to be home and to have a nice supper. How are you?
  - o OK
- How was your day?
  - o Fine
- Did something special happen?
  - o No
- Anything new?
  - o Nah
- Do you want to share something with me about your day?
  - o What?
- Did you talk to anybody today?
  - o Stop bugging me.

- Whatever.

There are people who really like to talk, and talk, and talk, and talk, and talk ... and after a short while it is hard to listen to them. They don't wait for our comments, or to create a healthy conversation ... they just cover us with information, and thoughts. Then they suddenly STOP.

- "Are you listening to me"

- Yes, I am; you just took a breath. I have nothing to say.

Often we have a huge temptation to SAY THINGS with various intentions.

Sometimes we just share information.

- We share general information about our life, our day, our schedule, our workload, about our responsibilities, about children grandchildren
- We share information about our feelings, our mental stage
  - o what happened to us
  - o What bothered us
  - o What bothers us in others' behaviour

For healthy communication we have to learn when NOT TO TALK, HOW to be quiet and why.

### **Do not talk to the other person when you are angry.**

Wait until YOU calm down and then you should talk. Otherwise your partner, instead of hearing the truth from you, will feel pushed to the edge and make snap judgements, or will get angry, too, and will say things he or she might not even have really wanted to.

After a similar situation, people often say things like: I am sorry, I did not mean it that way, but you put my blood pressure up...

Or –I said that just to stop you.

Or – can you see how your anger affects me? ...

Talking to another person with anger won't solve anything, but will make the situation worse. Try to approach the other person in a calm and friendly way, to prepare a good and structured talk.

*"Speak when you are angry and you will make the best speech you will ever regret."* Ambrose Bierce

**Do not talk to another person when he or she is coming home from work and you see that he/she is angry and frustrated.** Wait until he calms down and ask him if he calms down and if he might be able to listen to you.

We all have bad or frustrating days. If we work with people, we cannot make our selection with whom we want or we don't want to work. We all have the right to feel frustrated if we were not treated with love and respect.

The problem is that very often we bring our frustration home and most of the time we explode at home, and we hurt those people who have nothing to do with OUR work problems. It is so sad that most often we hurt those people who we love and who love us the most.

Our responsibility is to separate our work life from our home life. We have to learn to wait to share our sensitive topics until the other person will calm down, will relax and will be able to focus on us.

If your family member comes home with frustration and start to share with you his frustration, please listen to him as he shares with you his problems. In those moments, do not try to tell him that his problems are nothing but he should listen to your problems.

**Do not tell him or her the same things** over and over again. This can be annoying. You might get an answer that you might not like.

Sometimes I heard people blaming their partner: You are so childish, but they just wanted to be fun. You might get the answer: you told me a hundred times, tell me something new.

**Timing barriers.** We have to be mindful about the time when we want to share something. Time can affect our conversation in a big way. If our partner is working, if he/she has to focus on something or if they are in a big hurry, we should not start a conversation about something big because we won't be able to communicate the message fully. Also, we should not start a sensitive topic early in the morning or too late in the day when we won't have his or her full attention.

May the Lord continue to teach us how to communicate in a more effective way. Amen