

Marriage



MARRIAGE PART 22 - DEVELOPING EXCELLENT COMMUNICATION PT 2

In part 21 we looked at the need to develop and grow in the area of verbal communication. In this next resource, we are going to discuss three different types of communication and how important each one is to the overall art and skill of having great communication in our relationships.

1. Body language

Body language makes up 55% of our overall way of communicating. That means over 50% of our communication is expressed through body language. This is a significant percentage and one we must be aware of, if we want to learn and become great communicators.

The way we communicate with our bodies can express a multitude of things, giving others great insight into how we feel, what we think or even believe about situations, circumstances and even what is being said. The way we hold ourselves or the mannerisms we use can express whether we are being honest or not. This includes but is not limited to our facial expressions.

One can tell from our body language just how interested or disinterested we are in a particular person, what someone is sharing or a particular topic, or just in general, how engaged we are.

This is critical when it comes to our marriage covenant with one another. We want to see our spouse fully engaged through their body language, demonstrating that they are fully invested and interested in what we are sharing with them.

What we are actually doing says the most about what we are in fact communicating. It is the demonstration of our lives that speaks the most about our communication.

2. Tone

The tone that sits behind the words we speak makes up 38% of our communication. The tone we use with someone says so much about how we feel about something. The tone can set the climate in the atmosphere that we are about to engage in.

The tone can either completely compliment what we are saying or completely contradicts what we are saying.

An example of this is when someone says they are really excited and passionate about something and yet

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the tone in which they communicate is downcast, melancholy and lifeless. The tone and what is being said don't align with one another. This can also be the case with body language as well.

Our tone can create a sense of expectation, anticipation and excitement or it can create a sense of dread, fear and defensiveness in our spouse and others. In other words, the tone sets the mood for things.

3. Words

The words we speak make up 7% of our communication. Just because words are only 7% of our communication, doesn't mean that our words are any less important than our body language or tone.

All these parts go into developing and growing our communication, even though they are weighted differently. We are to be consciously aware of all three.

We may have great body language and great tone but the words we choose let us down.

As we have mentioned in the last resource, the words we speak can either build up or destroy. The words we speak can set the course of our lives and so they can set the course of how healthy or destructive our relationships will be with one another and others.

Using the correct words is essential for developing healthy communication.

QUESTIONS

1. Before reading this resource what order would you have placed these aspects of communication and why?
2. How does the order you would have picked differ from this order?
3. Why do body language and tone carry such high percentages?
4. Which area would you say you are strongest in?
5. Which area do you believe you need the greatest growth in?

Watch the accompanying You Tube videos here: <https://youtu.be/6v40rhSt3XQ>