



CHAPTER 25

Communication

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("Rafe")

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It's Your CHOICE – Communication

COMMUNICATION

Both verbal and nonverbal communication are important to the marriage relationship. All of the chapters of this book relate in one way or another to communication.

There are a myriad of books and an unending stream of seminars relating to communication. Therefore I am only going to suggest that you and your spouse make the following commitments to each other regarding communication, then **CHOOSE** to do it:

1. I will always be totally honest with you.
2. I give you my unrestricted permission to ask me any question whatsoever and I will be willing to answer all of your questions and inquiries.
3. I will fully share with you my dreams, goals and innermost thoughts.
4. I will tell you about important and interesting things I encounter or experience.
5. I will keep you informed of my schedule and upcoming events.
6. I will be an open book for you to see and read. Since we are not mind readers, I will take the initiative to reveal and even read to you my "book."
7. I will tell you what I think, and what is on my mind.
8. I will tell you what and how I feel – joys, hurts, fears.
9. I will not conceal from you any important thing.
10. If I perceive or learn that the lines of communication between us have become impaired or strained, I will give the improvement and restoration of our communication my priority attention and my highest effort.
11. I will actively listen to you, and give you my undivided attention.
12. I will **CHOOSE** to want to communicate with you.
13. I will do my best to truly and fully communicate with you.
14. I will **CHOOSE** to make sincere inquiries and to ask questions, affirming to you my interest in you and your life.

Like so many things, good communication is in the **doing** of it. That requires your constant and conscious **CHOICES** . . . Do it!