

Discussion 2 – Communication

Key Points:

- 1- Good communication and negotiation skills are crucial to a good marriage.
- 2- Though your focus right now is on each other, as the years go by other things will fight for your attention. It is important to make time to spend with each other.
- 3- Good communication is not something that just happens—it takes time, commitment, patience and skill. LEARNING TO LISTEN is perhaps the most important skill of all.
- 4- Conflict resolution (fighting) is also a type of communication that can be very destructive but does not have to be.
- 5- There are tools that can be used to help couples develop communication skills.
- 6- Once mean and hurtful things are said it is impossible to ever take them back.
- 7- There should be no winner/loser mentality – in this case your marriage is the real loser and no argument is as important as your marriage.
- 8- This topic helps you see how well you are communicating as a couple and how you resolve conflict.