

# What makes communication hard

## ...AND WHAT TO DO ABOUT IT

|              |                |                    |
|--------------|----------------|--------------------|
|              | Known to _____ | Not Known to _____ |
| Known to     |                |                    |
| Not Known to |                |                    |

- |           |             |             |               |            |                |             |
|-----------|-------------|-------------|---------------|------------|----------------|-------------|
| able      | clever      | giving      | kind          | organised  | responsive     | spontaneous |
| accepting | complex     | happy       | knowledgeable | patient    | searching      | sympathetic |
| adaptable | confident   | helpful     | logical       | powerful   | self-assertive | tense       |
| bold      | dependable  | idealistic  | loving        | proud      | self-conscious | trustworthy |
| brave     | dignified   | independent | mature        | quiet      | sensible       | warm        |
| calm      | energetic   | ingenious   | modest        | reflective | sentimental    | wise        |
| caring    | extroverted | intelligent | nervous       | relaxed    | shy            | witty       |
| cheerful  | friendly    | introverted | observant     | religious  | silly          |             |

WHEN WE COMMUNICATE THINGS THAT HAVE BEEN \_\_\_\_\_ OR OTHERS COMMUNICATE THINGS TO WHICH WE ARE \_\_\_\_\_, WE CALL THIS COMMUNICATION \_\_\_\_\_.

THE \_\_\_\_\_ WE GO THROUGH TO GET FEEDBACK MIRROR THE \_\_\_\_\_ WE FEEL ON NOT TELLING OTHERS FACE TO FACE WHAT WE REALLY THINK OF THEM.

*1 John 1:5-10 This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. 6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 8 If we say we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say we have not sinned, we make him a liar, and his word is not in us.*

The window to God is completely \_\_\_\_\_.

*Colossians 1:9-10 So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. 10 Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.*

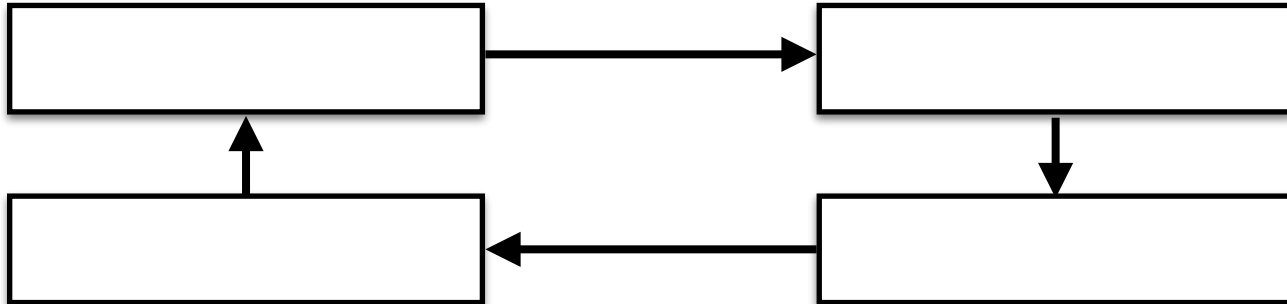
*1 John 4:7,8 Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. 8 But anyone who does not love does not know God, for God is love.*

*1 Corinthians 2:14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.*

What we \_\_\_\_\_ of God affects what we \_\_\_\_\_ of others.

INTIMACY IS \_\_\_\_\_ MORE AND MORE OF WHAT WE ORDINARILY \_\_\_\_\_.

Proverbs 18:1 *Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.*



WE DO NOT THINK AND TALK ABOUT WHAT WE \_\_\_\_\_; WE \_\_\_\_\_ WHAT WE ARE ABLE TO THINK AND TALK ABOUT.

Two things that get in the way of observing:

Refusing to see what applies to us - \_\_\_\_\_

Seeing in others what is actually operating in us - \_\_\_\_\_

We often end up acting \_\_\_\_\_ on our feelings when we are \_\_\_\_\_ aware of them.

Proverbs 18:2 *A fool takes no pleasure in understanding, but only in expressing his opinion.*

## What needs to change

\_\_\_\_\_.

Proverbs 29:20 *Do you see a man who is hasty in his words? There is more hope for a fool than for him.*

\_\_\_\_\_.

Think Deeply with the help of the \_\_\_\_\_ and the \_\_\_\_\_

Proverbs 16:20 *Whoever gives thought to the word will discover good, and blessed is he who trusts in the Lord.*

Ephesians 5:17 *Therefore do not be foolish, but understand what the will of the Lord is.*

Romans 12:2 *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Proverbs 16:21 *The wise of heart is called discerning, and sweetness of speech increases persuasiveness.*

# The Struggle of **Un**learning and **New** Learning

When there is no unlearning needed, then new learning is easy.

When unlearning is needed, then two anxieties emerge.

For instance, if we have the old habit of telling, and we realize that asking needs to replace telling, we experience two anxieties.

The first is *survival* anxiety.

In order to “survive”, thrive, be better, I must learn the new behavior.

This gives us *motivation* to learn and implement.

That’s where the second anxiety appears, the *learning* anxiety.

We realize it might be hard; we might appear incompetent; others might not understand or welcome our new behavior.

This gives us *resistance* to learn and implement and change.

Often, we try to push ourselves and increase the survival anxiety. “You’ve GOT to do it!” This just increases the tension we feel.

More effective is decreasing the learning anxiety.

We have to feel the change is worthwhile, that it’s possible, that there will be support and opportunities to practice.

If you haven’t been with us, here’s a quick definition of a humble question...

THE HUMBLE QUESTION ACCESSES MY **IGNORANCE** OUT OF RESPECT AND GENUINE **CURIOSITY**, IN ORDER TO DRAW THE OTHER PERSON OUT AND **DEEPEN** THE RELATIONSHIP THROUGH **OPEN** CONVERSATION.