

COMMUNICATION

WITH DR. GREG & ERIN SMALLEY



FOCUS ON THE FAMILY* | FOCUS ON MARRIAGE™

Explore these questions with your spouse as you work toward deeper levels of communication and intimacy.

VIDEO #1 : CONNECTING THROUGH COMMUNICATION

- What challenges do you and your spouse experience when it comes to connecting through communication?
- What differences do you notice in your communication styles?
- What is one thing you can do to improve your communication in your marriage?
- "How could you identify the reason you're communicating (to share an emotion, to relay information, to request action) and convey that to your spouse?"

VIDEO #2: DIVING DEEPER INTO YOUR COMMUNICATION

- What percentage of time are you and your spouse spending "administrating" your marriage?
- What is preventing you as a couple from communicating at a deeper heart level?
- At what point in the day could you and your spouse spend at least 10 minutes talking at a deep heart level?

VIDEO #3: CREATING A SAFE ENVIRONMENT

- What does emotional safety in communication mean to you?
- What is one thing you can do to further build safety in your marital communication?
- Complete this statement, "I feel safe when you..."

CONSULTATIONS & REFERRALS

Need prayer or want to talk to one of our Christian counsellors? We would love to help! To reach Focus on the Family Africa's counselling department by phone, call 031 716 3300 or visit www.safamily.co.za/counselling