



Communication Exercise³

Complete the steps below to complete this exercise. The wife goes first; once she has completed the exercise, the husband will take his turn. Arrange a time when you can communicate without interruptions. Sit so that you are facing each other and are comfortable. Give your spouse your undivided attention and show that you are listening through positive body language. This exercise will help you better understand each other and improve your communication. Pray together before beginning the exercise.

- Step 1: Speaker:** State an issue in your relationship without attacking your spouse. Use “I” statements and healthy communication principles (keep it short.)
- Step 2: Listener:** Mirror what you heard your spouse say to you in your own words. Once you have it correct, ask, “Is that all?”
- Step 3: Speaker:** Let your spouse know you are finished speaking.
- Step 4: Listener:** Validate your spouse; communicate that you can see why this is a problem and take responsibility for your part in the problem.
- Step 5: Speaker:** Acknowledge your spouse’s validation by thanking them.
- Step 6: Listener:** Empathize with your spouse by relating and identifying with his or her feelings.
- Step 7: Speaker:** Acknowledge the empathy and thank them for listening.
- Step 8: Speaker:** Ask for specific changes that can solve the problem.
- Step 9: Listener:** Agree to change. You may negotiate, but not to the point of diminishing the speaker’s request for change. The solution must be acceptable to both.



“You tell me that I don’t show my feelings, so I made up these signs.”

Feelings⁴

Feelings are an important part of life, and they reveal a person’s reaction to the world around them. It is necessary to express feelings, build emotional connection, and communicate effectively. The following list of words can help you express your feelings. There are six categories. Identify the category that applies, then get specific with one of the words listed under that category.

Mad	Sad	Glad	Scared	Confused	Serene
angry	devastated	excited	fearful	bewildered	satisfied
furious	hopeless	elated	panicky	numb	content
seething	depressed	exuberant	afraid	flustered	peaceful
enraged	wounded	ecstatic	intimidated	baffled	full
hostile	worthless	terrific	desperate	troubled	rested
vengeful	helpless	happy	frantic	awkward	composed
incensed	crushed	thrilled	terrified	perplexed	calm
abused	dejected	encouraged	vulnerable	hesitant	soothed
betrayed	humbled	cheerful	immobilized	misunderstood	still
humiliated	empty	grateful	tense	uncertain	restful
resentful	disappointed	delighted	anxious	distracted	safe
frustrated	discouraged	pleased	startled	overwhelmed	thankful