

Effective Communication is Vital to a Fortified Marriage.

Communication is critically important to any relationship as people develop and grow. Strong communication characterizes a healthy, fortified marriage. Yet, people usually do not learn good communication skills. They have learned by the example of their parents and the environment they were raised in. Prior to marriage, most people attempt to communicate well, but after the wedding, couples very often quit trying and fall into bad communication habits. Couples do not take the time to understand each other and often are not careful how they communicate with each other.

A couple can learn effective communication skills. Work and practice are required, but worth the effort as you learn to communicate without lapsing into unproductive arguments. Take the time to communicate well with your spouse and you will find that you will build a stronger marriage and have more time to fun activities together.

The Marriage Minute

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