

COMMUNICATION ACTION PLAN

Putting Good Intentions into Action

The goal in this conference is not to change you but to present the Word of God, which can change you. All of the communication principles presented are biblical and I hope you see that they are practical and can be used to improve your communication, especially with your spouse. Your success at improving your communication will largely depend on what you do with God's Word.

The following poetic story may help motivate you to take this next, important step:

THE WALL

Their wedding picture mocked them from the table, these two, whose minds no longer touched each other.

They lived with such a heavy barricade between them that neither battering ram of words nor artilleries of touch could break it down.

Somewhere, between the oldest child's first tooth and the youngest daughter's graduation, they lost each other.

Throughout the years, each slowly unraveled that tangled ball of string called self, and as they tugged at stubborn knots, each his searching self from the other.

Sometime she cried at night and begged the whispering darkness to tell her who she was.

He lay beside her, snoring like a hibernating bear, unaware of her winter.

Once, in a tender moment, he wanted to tell her how afraid he was of dying, but fearing to bare his soul, he spoke instead of the beauty of her eyes.

She took a course in modern art, trying to find herself in colors splashed upon a canvas, and complained to other women about men who were insensitive.

He climbed into a tomb called "the office," wrapped his mind in a shroud of paper figures and buried himself in customers.

Slowly, the wall between them rose, cemented by the mortar of indifference.

One day, reaching out to touch each other, they found a barrier they could not penetrate, and recoiling from the coldness of the stone, Each retreated from the stranger on the other side.

For when love dies, it is not in a moment of angry battles, nor when fiery bodies lose their heat.

It lies panting, exhausted, expiring at the bottom of a wall it could not scale.

Adapted from quotations by the International Listening Association

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“To communicate is risky, to not communicate is riskier.” – Anonymous

An Action Plan is recommended. Very little happens accidentally but changes can occur when we plan for them. After each of the principles below (especially for those that need the most attention in your life) detail one or two specific things you can do to improve. The key here is to be specific with your plan and then pray and work to make it happen. I am available to help and if you would like to discuss your plan, please let me know. If you would like to follow-up with me after you’ve had a chance to implement this plan, give me a call.

COMMUNICATION PRINCIPLE	SPECIFIC ACTION STEPS
COMMUNICATE: You take the time to talk to your spouse and do this daily whenever possible	
WORDS: You wisely choose words that are kind and encourage your spouse to communicate	
NON-VERBAL: You maintain eye contact and control your facial expressions, posture, gestures and physical contact providing positive encouragement to communication	
TONE: You do not raise your voice but instead speak in a controlled and pleasant tone	
HONESTY: You take care to speak the truth and would not consider bending the truth or lying to make yourself look better	
LISTENING: You actively listen to your spouse and do not interrupt when they are speaking	
ATTACK THE PROBLEM: You do not attack people but instead focus on the problem	
ACTION: You do not react to problems/issues but deliberately plan what actions need to be put-off and what actions need to be put-on	
TIMELINESS: You deal with problems/issues in a timely manner and do not let them pile up	
YOUR HEART: You guard the thoughts of your heart to make sure you are always looking at issues and problems from God’s perspective	
PRAYER: You ask for God’s help on a regular basis to make your communication with your spouse what God wants it to be	