

## **The Gift of Communication**

R. David San Filippo, Ph.D.  
4063 N. Goldenrod Road, Suite 210  
Winter Park, Florida USA 32792  
407-571-2488  
David@L-SF.com  
www.L-SF.com

### Ten Ways to Bless Each Other

1. Listen to each other.
2. **Spend time together alone.**
3. Touch each other.
4. **Encourage each other with words.**
5. Unconditionally accept each other.
6. **Be committed to each other.**
7. Take care of your financial future together.
8. **Laugh with each other.**
9. Make each other your top priority.
10. **Be each other's best friend.**

## The Gift of Communication

- Importance of Listening
- Verbal Communication
- Communication through Touching
- Communication through Behavior
- Importance of Stories

## Importance of Listening

- Listening takes up more time than any other activity.
- Many of the most important facets of life are influenced by our skill/Lack of skill in listening.
- 75% of oral communication is ignored, misunderstood, or quickly forgotten.
- 50% of what is heard is remembered immediately after hearing the information.
- 1/3 more is lost after 8 hours.
- We only listen effectively 1/3 to 2/3 of the time.

## Application: Listening

1. Never give an overly quick reply.
2. Listen for feelings.
3. Listen deeply by asking questions.

Pat Morley, Devotions for Couples

## Verbal Communication

- Communicating by explanation.
- Communication by comparison.
- Communicating using illustrations.
- Speaking style impacts what the listener hears.

## Application: Speaking/Verbal

1. Avoid making “You” statements.
2. Avoid asking “Why” questions.
3. Learn to express your feelings with “I feel” statements.
4. Focus on the problem, not the person.
5. Never criticize your mate for something she/he can’t change.

Pat Morley, Devotions for Couples

**“Seek First to Understand,  
Then to be Understood”**

Stephen R. Covey, The 7 Habits of Highly Effective People

## Communication through Touching

- Shaking hands.
- Touching each other.
- Holding each other.
- Hugging.

## Application: Touching

1. How a hand shake is shared can express different attitudes or opinions.
2. A gentle touch gets our attention and opens our awareness of another and their sensitivity to us or their need for contact.
3. Holding hands implies a union between individuals and a sense of belonging between people.
4. Hugging is a close encounter between people that can share a sense of caring and/or love.

**“One can see without being seen; hear without being heard, but no one can touch without being touched.”**

An American Indian Proverb

## Communication through Behavior

- Body Language
- Proximity
- Appearance
- Attitude
- Priorities
- Time Management

## Application: Behavior

1. Our beliefs determines our behavior.
2. Pick one activity you can sacrifice this week and give the time to your spouse.
3. Dress & groom for your spouse.
4. Pay attention to you body language.
5. Be consistent with an act of caring.

## Importance of Stories

- Stories provide a medium for people to share experiences.
- Stories provide humans with "models" to use when dealing with new experiences.
- Stories provide a method to remember others.
- Stories provide a connection with others who have shared the experience of the story.

## Application: Stories

1. Share stories with each other.
2. Share stories with family and friends.
3. Tell stories of others to keep them alive in your and others memories.
4. Use stories to teach.

## Communication Exercise:

1. Individually recall the most embarrassing experience you have had with your spouse as a result of miscommunication.
2. Individually recall the most delightful experience you have had with your spouse as a result of good communication.
3. Share your recollections with your spouse.

