



Non-Negotiables

## AUTHENTIC COMMUNICATION

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Communication is the cornerstone of a healthy marriage.

If you desire FREEDOM in your marriage, you need to master the art of communication.

There's nothing sexier than being known.

Create your own personal BUBBLE TIME and protect it at all costs.

"Talking" and authentic communication are not the same thing.

We are typically two or three conversations away from a breakthrough in our relationships.

Authentic communication leads to complete Trust, and trust leads to more confidence.

Responding the right way creates a safe space that will allow your spouse to open up in communication.

Don't let your imagination run wild! Communication helps you distinguish what is actually happening versus what you make up in your mind.



To get you started in authentic communication, here are a few tips:

- connect with your spouse daily.
- Ask great questions.
- Push through the hard times in communication.

Be intentional about your words and actions toward one another.

The tone you use when speaking to your spouse matters.

How you respond to your spouse when they open up to you will determine if they will be completely open in the future.

**THE BIBLICAL WAY TO  
DEAL WITH CONFLICT:**

**R<sup>4</sup>**

**Right time.  
Right place.  
Right attitude.  
Right person.**



James 1:19-20 (NLT) - "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires."

- Stop & listen.
- Guard your words.
- Control your anger.

Ephesians 4:26-27 (NIV) - "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."

Seek first to understand before you seek to be understood.

Always ask:

- What do you need more from me?
- What do you need less from me?

“THE SINGLE BIGGEST PROBLEM IN COMMUNICATION IS THE ILLUSION THAT IT HAS TAKEN PLACE.”  
-GEORGE BERNARD SHAW”



SCAN ME