

Woodland Hills Family Church

Discussion Questions

July 14, 2019

## **The Six Levels of Communication**

**Do you want your spouse to be a better listener? Why? How can you help?**

**Discuss Ted's Listening Tips: Lean forward, engage, "tell me more"**

**What do the following scriptures say to us about listening:**

Incline your ear, and come to me; hear, that your soul may live; Isaiah 55:3

Incline your ear, and hear the wise, and apply your hearts to my knowledge, Proverbs 22:17

O my dove, in the clefts of the rock, in the crannies of the cliff, let me see your face, let me hear your voice, for your voice is sweet, and your face is lovely Song of Solomon 2:14

**Discuss the "Bid for connection" and the importance of it in your marriage and communication.**

Acknowledging the bid is more important than interpreting the bid

Masters turn toward others 85% vs Disasters turn towards others 33%

What does "Cluelessness" say to your partner, co-worker, friend?

**What do the following scriptures say about communication?**

The purpose's of a person's heart are deep waters, but one who has insight draws them out Proverbs 20:5

To answer before listening - that is folly and shame Proverbs 18:1

A fool takes no pleasure in understanding, but only in expressing his opinion Proverbs. When words are many, transgression is not lacking, but whoever restrains his lips is prudent Proverbs 10:19

**Share your thoughts on the following thoughts:**

Healthy people aren't threatened by the opinions of others.

Listening doesn't mean I agree with you

Disagreeing with you doesn't mean that I hate you or that I'm mad at you.

**Discuss the Six Levels of Communication**

Level 1 - Small talk

Level 2 - Facts

Level 3 - Opinions

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Level 4 - Feelings

Level 5 - Desires/Needs

Level 6 - Beliefs

A Closing Thought:

Love Talk: Listen, Understand, Validate