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SELF & RELATIONSHIP EXPERT

## Improving Communication

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### **What is communication?**

Sharing our heart with another

### **Why do we communicate?**

To give & receive love

1 Sam. 16: 7 "...the Lord looketh on the heart."

Attachment to others is a basic need throughout life

Emotional attachment needs are universal

There is no such thing as independence – only unhealthy or healthy dependency

### **Communication breakdowns**

Breakdowns happen when we aren't clearly sharing our hearts or hearing another's heart.

Pattern develop when we feel emotionally unsafe

Pursuer-withdrawer pattern

All of our behavior is an attempt to maintain our closeness in relationships

When feel disconnected from a loved one we have 2 options:

- Turn it up (pursue)
- Turn it down (withdraw)

### **Emotions drive our relationships and communication**

Basic Emotions are: happy mad sad scared surprise disgust

- **Secondary Emotions** are emotions that are easily show (above the surface of the water)
- **Primary Emotions** are emotions are scarier to share but are the driving force behind our communication (below the water)

**Two greatest commandments involve 3 people** Matthew 22 :37

