

Nancy Van Pelt



Heart to Heart

The art of communication

First: good communication

Marriage problems arise when the couple lacks **shared goals and interests** (number two), thus each one prefers spending time with those who share interest in the activities he or she enjoys.

Sexual incompatibility, listed as number three, doesn't pinpoint the heart of the problem. Any two adults can be sexually compatible, provided they possess the desired equipment.

Infidelity, in the number four spot, **follows on the heels** of the previous three, as does number five, **excitement and fun gone from sexual relationship**.



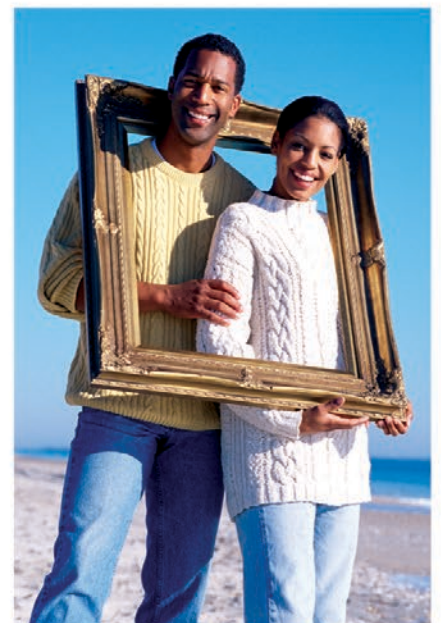
Understanding and being understood

«Of all God-given gifts of mankind, none is so precious as talking».

ELLEN G. WHITE
North American author
1827-1915

MOST OF the **communication techniques** appearing in Heart to Heart can be applied to all kind of **interpersonal relations**: family, friends, commerce, work, school, and even incidental relationships.

By using this book, **married and unmarried couples** will learn to communicate in a profound, constructive way. **Parents and children** will learn to establish better communication channels, thus strengthening their affective bonds and overcoming many of those inevitable generational differences.



Pair bonding: pathway to intimacy

Almost any small crisis can separate and divide an improperly bonded couple, yet a strongly bonded couple can survive any crisis.

Ten major problems that divide couples in order of importance

- 1. Communication breakdown**
Absence or inadequacy of communication.
- 2. Loss of shared goals and interests**
Intimate living demands **sharing basic ideals and principles** as well as a high amount of hobbies and likes.
- 3. Sexual incompatibility**
Few cases could be labeled as true sexual incompatibility. Behind this term we usually find a **lack of true love, sensibility, and ability to accept one another.**
- 4. Infidelity**
Logically, when one of the partners does not fulfill his or her **promise of exclusive love**, the other one wishes to pull apart, though there may be a chance for gentle forgiveness.
- 5. Excitement and fun gone from relationship**
Confrontation and dullness can diminish the needed **fun and excitement** that should go with the so-called sexual game.
- 6. Money**
Money is an important part of life... and of marriage.
- 7. Conflicts over children**
Children, being a basic part of a home, may become a source of joy... or of despair.
- 8. Alcohol and drug abuse**
More and more marriages are breaking up due to alcohol and other drugs.
- 9. Women's right issues**
When confronted, women's rights and men's rights can tear a marriage apart.
- 10. In-laws**
Interference of in-laws and other persons foreign to a married couple's home can make conflicts between the couple arise.

A group of 730 marriage counselors was asked by Redbook magazine to list the most common marriage problems that divide and separate couples. The table (above) was formulated from this survey.



The twelve-step sequence of pair bonding

- 1. Eye to body.** The first glance at a person reveals much.
- 2. Eye to eye.** While looking at each other, the eyes occasionally meet. A quickening of the heartbeat frequently follows, along with the flush of embarrassment.
- 3. Voice to voice.** During this stage, the couple can learn much about each other—opinions, pastimes, hobbies, ideas, likes and dislikes, hopes and dreams for the future.
- 4. Hand to hand.** First touch is now encountered. It is almost always innocent and non-sexual: a handshake, accidentally touching hands while reaching for something, or assisting a woman with a coat or into a car.
- 5. Arm to shoulder.** Another boundary has been crossed. The shoulder embrace is a gesture of **ownership**.
- 6. Arm to waist.** A transition occurs at this step. Arm to waist displays **ownership** of more of the body.



- 7. Face to face.** Three types of contact take place here: face-to-face hugging, deep kissing, and prolonged eye contact.
- 8. Hand to head.** Here one's hand is used to caress or stroke the head of the other while kissing or talking.

- 9. Hand to body.** At this level, the hands explore the partner's body. Breast fondling becomes an important focal point for the male.
- 10. Mouth to breast.** This step of intimacy requires the baring of the female breast and is usually conducted in utmost privacy. Mouth-to-breast contact once again changes the focus of the intimacy.
- 11. Hand to genital.** The exploration of the partner's body now proceeds to the genitals.
- 12. Genital to genital.** The pair-bonding process is complete with penetration and **sexual intercourse**.



Temperaments

Sanguine

He explodes easily, but rarely carries a grudge. Sanguines are a cheerful, noisy, blustery bunch with lovable dispositions. Since they are never at a loss for words, they are frequently the envy of the more timid types.



Choleric

Choleric is not given to analytical thought, but rather to quick intuitive appraisal of a situation. Cholerics usually think they are right, and because of their keen and very practical minds, they usually are! Cholerics make good debaters but they are argumentative and can be sarcastic. They tend to ask many «why» questions.



The happiness of a couple can be measured to a large degree by the effectiveness of their communication.

How a couple communicates is one of the most powerful factors affecting the success or failure of their relationship.



Phlegmatic

The phlegmatic has an **orderly mind** and is **capable of analysis and deduction**. Unlike the melancholy temperament, which is always changing, the phlegmatic is always the same: steady and dependable. His natural dry sense of humor can be a joy –except to a partner. He makes a dependable mate who is easy to live with unless his slow and methodical manner becomes a real source of irritation to a more aggressive partner.



Melancholy

Because he is dominated by his emotional nature, the melancholy frequently has a difficult time making emotional adjustments to life. He is a **gifted perfectionist** with an extremely sensitive nature. Of all the temperaments, he will probably have the most difficulty expressing his true feelings.

Heart listening: a way to show you care

Listening is the most neglected and least understood of the communication arts. Perceptive listening doesn't require a degree, but it does require learning.



IS LISTENING a problem in marriage? The Communication Inventory (see note on p. 20) attempted to explore this question by having participants respond to the following statement:

«My partner listens attentively to what I have to say».

- **Forty-seven** percent said their partners listened attentively «**some of the time**», «**rarely**», or «**never**».
- **Fifty-five** percent admitted their partners accused them of **not listening** all, most, or some of the time.

Some easy ways to strengthen a bond



Prepare yourself mentally

Prior to your reunion, prepare yourself mentally to meet your spouse. Think good thoughts.

Check your appearance

The first glimpse of each other affects how you will relate throughout the evening. A neatly groomed wife who dabs on a bit of perfume and accents her femininity will naturally elicit a more positive response from her husband.

Shower your partner with smiles

A smile can say «I love you» with more meaning than an expensive gift. A smile is free and readily available.

Greet each other with a hug and a kiss

Having someone waiting to greet us at the front door is something we all like. If kissing isn't your style, have some other physical contact: holding hands, patting, fondling. **Physical contact is healthy and necessary.**

Create a pleasant atmosphere

Give each other time to relax before tackling any problems.



A warm and friendly greeting after a period of separation can have a positive influence on husband and wife. Here are some pointers for making the first four minutes of encounter more rewarding:

«Listening know-how is communicating know-how»

When involved in a conversation, we have to bear in mind that the person we are talking to is much more interested in himself, his needs, and his problems, than in us and our own problems.



Listening bloopers

Poor listening stems from bad habits, such as those depicted in this table.

Interrupting

Interrupting is the **most detested listening habit**. Interrupters spend their time not listening to what is being said but in forming a reply. Interested only in their own ideas, they **pay little attention** to the words of others.

Lack of eye contact

Lack of eye contact came in second on the «most irritating» list. Listeners who fail to look at the person speaking to **them convey disinterest, distrust, and a lack of caring**.



The bored listener

The bored listener **has heard it all before**.

The selective listener

A selective listener **picks out** bits and pieces of conversation that interest him and **rejects the rest**.

The defensive listener

A defensive listener **twists** everything said into a **personal attack on self**.

The insensitive listener

The insensitive listener is one who **cannot catch the feeling** or emotion behind the words.



Seven powerful listening rules

Merely deciding to try to improve your listening skills will not work. You must discipline yourself and make a firm commitment to improve this skill. Here are seven power-packed ways you can practice listening with feeling on a daily basis.

1. **Maintain good eye contact.** Focus your full attention on your partner. Turn off the television and put down the newspaper.
2. **Sit attentively.** For a few minutes, act as if nothing else in the world matters except hearing out your partner. Block all other distractions from your mind. Lean forward in your chair as if you are hanging on every word.
3. **Act interested in what you are about to hear.** Raise your eyebrows, nod your head in agreement, smile, or laugh when appropriate.
4. **Sprinkle your attentive listening with appropriate phrases** to show interest and understanding. «I agree». «Is that so?» «Great!» «I hear where you are coming from!» Your partner wants to know you understand the ideas being presented.
5. **Ask well-phrased questions.** Give encouragement by asking questions that illustrate your interest.
6. **Never interrupt.** You must let the speaker **express completely his or her thoughts** before conveying yours.
7. **Listen a little longer.** Just when you think you are through listening, listen thirty seconds longer!

The most important function of talking is not the giving of information but the establishing of a relationship. By opening up and sharing, you can turn a stranger into a friend.

Hearttalk: how to talk to the one you love

«**W**HILE WE were going together we spent a lot of time talking», Sharon shared. «We were best **friends**. I could tell Ed anything and he shared everything with me. Now we hardly ever talk and when we do, we argue. We can't discuss the smallest matter without tempers flaring. Is there something wrong with us?»

Sharon and Ed married with the platitude «**If you really love each other you will work everything out**» ringing in their ears.

Anger workout: coping with conflict

HIGH IN the Big Bear region of the San Bernardino mountains in Southern California, a couple was out for a Sunday-afternoon drive. Steep granite cliffs pressed on one side of them, with treacherous chasms on the other. Their conversation drifted to their horse-boarding business.



Voice pitch, volume, tone, and speed

Tone and emotion

A word may be a word, but how it is received depends on **how it is said**.

Speed

Even the rate of speech can alter and affect meaning.

Volume

Volume can be used either to **soothe or irritate**. A loud, angry voice is an **effective weapon** in most **arguments**. However, **lowered, subdued tones** can be used to **gain attention**.



High-level talks

John Powell, in his book «Why am I afraid to tell you who I am?» describes five levels on which we can communicate.

An understanding of these levels is essential when conversing.

Level 5

Small talk

At this level, **shallow conversation** takes place: «How are you?» «Whatcha been up to?» «How are things going?».

Level 4

Factual conversation

This reads like the evening newscast: **Information is shared** but **no personal comments** along with it. You talk about the day's events, but you **don't tell how you feel** about them.

Level 3

Ideas and opinions

Real conversation is approached here as you describe ideas and opinions. Because you feel free to express yourself and verbalize personal ideas, your partner has a **better chance to know you**.

Level 2

Feelings and emotions

You now feel secure enough to share the feelings that lie underneath the ideas and opinions expressed at level 3. You describe **what is going on inside you** –how you feel about your partner or a situation.

Level 1

Deep insight

The deepest and rarest level is deep insight, where complete emotional and personal self-disclosure takes place. You feel secure enough in the relationship to throw yourself open to view. It is risky because you become very vulnerable.



Taking advantage of all chances



1. **Work at talking.** Make time to talk and create things to talk about.
2. **Maintain a daily talk time.** Set aside time each day to talk about **noncontroversial marriage matters**.
3. **Use pillow talk.** When your heads actually hit the pillow, instead of recounting the horrors of the day, talk about some **pleasant memories**.
4. **Try the walk talk.**
5. **Communicate using car talk.** Another way to utilize time together is to use commuting time to full advantage.
6. **Play table games together.** Playing table games creates a pleasant, relaxed atmosphere in which a couple can banter without undue pressure to communicate seriously.
7. **Make the most of mealtimes.** Table time can be one of the most pleasant or most hated times of the day, depending on the atmosphere.
8. **Deliver a verbal bouquet.** A verbal bouquet is any affirmation which shows acceptance, appreciation, or respect for your partner.



What couples argue over

According to Robert O. Blood

Sociologists Robert O. Blood, Jr., and Donald M. Wolfe surveyed more than 700 couples and found that almost all of them fought about the same issues in the following order:

1. money,
2. children,
3. recreation,
4. personalities,
5. in-laws,
6. roles,
7. religion,
8. politics, and
9. sex.

According to our survey

The Communication Inventory (see note, p. 20) turned up similar findings, with slight variations in perceived sources of potential stress.

Influence of sex

Males

1. communication
2. finances
3. sex
4. children
5. in-laws



Influence of roles

Role conflicts —**who** does **what**, **why**, **when**, and **where**— are affecting an increasing number of couples where both partners have entered the work force.

Influence of the time being married

According to studies, the frequency of conflict and the issues do not remain constant over the years.



Is your partner angry? How to respond

Stay reasonable

Make your partner responsible for his own anger

Your partner may blame you for his anger. Refuse to accept that kind of faulty thinking.

Reward your partner quickly for reasonable rather than unreasonable displays of anger

Whenever your partner shows progress or makes headway in controlling anger, reinforce the positive behavior by showing a **willingness to listen and negotiate**.

Refrain from apologizing

Some people are terrified of another scene and rush to avert it through an apology.



Usual responses to anger

There are three well-known methods of handling anger: suppress it, express it, or repress it

Suppressed anger

In suppressed anger, you recognize you are angry but you don't know what to do about it. You conscientiously try to **control it instead of letting it out**. By keeping a lid on such feelings, you keep bad feelings from spilling out and poisoning others. Anger boils and seethes inside, but it is hidden from the world and possibly even from an unsuspecting mate.

Example

Jim grew up in a home where anger was suppressed. His family and his church rigidly taught that **anger was a sin**. The unwritten rule was enforced in spoken and unspoken ways. If he dared to express anger he was severely punished. He remembers throwing his books on the floor after an exasperating day at school. That cost him a stern lecture on self-control and an evening in his room alone without supper. Other displays of temper were handled by a trip to the basement, where he got a beating with a belt. Feelings of **resentment** and anger boiled within, but he dared not express them. As an adult, he experienced no open battles or arguments. Friends would **rate his marriage as very happy** because of the appearance of harmony and lack of obvious friction. But he and his wife were painfully aware of emotional distance between them. It surfaced as high blood pressure and impotency in Jim.



There are some occasions when **suppression of anger is the wisest course of action**.

No matter how angry you might become with your boss, suppressing the urge to punch his lights out is probably wiser than proceeding.

Expressed anger

In expressed anger, the person **tells you exactly how he or she feels**, regardless of how much it might hurt. Such people may resort to sharp words, violent shouting, or threats. When the episode of **venting is over**, they feel better. But what about the person who just got dumped on? What kind of emotional scars will mar the relationship if such behavior becomes a pattern?



Repressed anger

In repressed anger, you refuse to acknowledge that you are angry. Many people get caught in this trap, sincerely believing it is **sinful to become angry**. In order to live in harmony with their beliefs, they deny all responses to anger.

Competitors

«Sound the battle cry» quickly becomes the theme of those engaged in competition.

Avoiders

«I don't want to talk about it», is an often-repeated phrase among avoiders.

Compromisers

The art of compromise, –«I will if you will»– involves **concern for self and concern for others**.

Collaborators

Collaborators adopt the philosophy that «If you Collaborators, using the opposite of avoidance, are highly motivated to **negotiate creative solutions**.

Accommodators

«Peace at any cost» is the goal of accommodators. They are so highly motivated toward peace.

Fight styles are revealing

Although couples will adopt fight styles unique to them, styles tend to fit into a broad category. Social scientists have identified **five different conflict styles**.



What you must never do

in a marriage discussion



- No name-calling or denigrate your partner.
- No **threats**, especially of divorce or suicide.
- No **negative remarks** about in-laws or relatives.
- No **insults** concerning **physical appearance** of your partner.
- No **insults** concerning **intelligence** or **comprehension** capabilities of your partner.
- No **doubting** your partner's **intentions** or **good will**.
- **No physical violence** allowed, even if only as a threat.
- No **interrupting** your partner while talking.
- No **yelling**.
- No **swearing** or coarse words allowed.



What you must always do

in a marriage discussion

- Do your best to **reach an agreement** before ending the discussion. Do not leave in the heat of the argument.
- Speak in a normal **tone of voice**, without yelling.
- Be **positive**. No threats should be shouted, and never use threats of divorce.
- Use **language acceptable** to both partners. Teasing or taunting your partner is completely forbidden.
- Big arguments should always be **privately discussed** and never in front of people outside the family. Limit big arguments in front of the children.
- Pay attention and try to understand what your partner wants to communicate.
- Adapt an accepting rather than a defensive attitude.
- Attempt to reach an agreement rather than winning.

Best friends: secrets of attaining intimacy

In a recent survey of four hundred divorced men, all of them felt their marriages fell apart because they stopped being friends with their wives.

PATRICE, A wife of seventeen years, speaks as she pulls nervously at the tissue she is using to dab at her tears.

«Our first date was very romantic and unforgettable. We went to dinner but never tasted the food. We were so enraptured with each other, we talked for hours and lost all track of time. I felt I had known him all my life. I was awake almost all night thinking about him.

»We continued to date over the months. I had had numerous relationships with men, but this one was different. We both knew it from the beginning. When John finally asked me to marry him, our wedding was inevitable.

»In the beginning, our marriage was much like our courtship. We shared everything and **considered ourselves best friends**. We shared things we would never tell anyone else.



The things that keep a marriage bonded

MEN

1. My wife is my best friend.
2. I like my wife as a person.
3. Marriage is a long-term compromise.
4. Marriage is a sacred bond.
5. Shared aims and purposes.
6. My wife is more and more interesting.
7. I want the relationship to succeed.
8. A long-lasting marriage is important for social stability.
9. We enjoy being together.
10. I am proud of my wife's achievements.
11. We share our life philosophy.
12. We agree on sexual issues.
13. We agree on when and how to be caring to each other.
14. I trust my wife.
15. Shared goals and interests.

WOMEN

1. My husband is my best friend.
2. I like my husband as a person.
3. Marriage is a long-term compromise.
4. Marriage is a sacred bond.
5. Shared aims and purposes.
6. My husband is more and more interesting.
7. I want the relationship to succeed.
8. We enjoy being together.
9. We share our life philosophy.
10. We agree on when and how to be caring to each other.
11. A long-lasting marriage is important for social stability.
12. We have an exciting exchange of ideas.
13. We do not discuss angrily.
14. We agree on sexual issues.
15. I am proud of my husband's achievements.



Sexually speaking...

How not to speak sexually

She: «You never want to make love to me anymore». (You-message).

He: «Get off it. You're the one who never wants it». (Counters with you-message).

She: «What are you talking about? You are the one who stays up so late that I'm asleep before you ever get to bed. You do that deliberately to avoid me». (Blaming and judging).

How to speak sexually

She: «I'd like to talk with you about our sex life—something is bothering me. Is this a good time?»

He: «As good as any».

She: «Our sex life has always been good. I enjoy sex with you and you are a great lover».



The stages of intimacy

True intimacy takes time to achieve. Sexual or physical intimacy can be attained quickly and easily and is often mistaken for emotional intimacy. But true intimacy involves caring, sharing, getting to know each other, giving oneself, satisfying the other person's needs, and openness.

1. Trust

Trust flourishes when you have complete confidence that you can express thoughts and feelings knowing they will be accepted by your partner without criticism or reproach. Instant trust doesn't exist. It takes time to build a trusting relationship.

2. Openness

Combined with trust must be openness—a feeling you can be yourself without pretending to be someone else. You can openly share the pleasant as well as the unpleasant aspects of your life. You are confident that your feelings are important and will be given prime consideration.

3. Freedom

Even though you are emotionally intimate you have freedom for independence without mistrust. You have the freedom to de-

velop your own likes, dislikes, talents and abilities without pressure to conform to the other.

4. Time

It takes time to develop an intimate relationship where trust, acceptance, honesty and openness can take root and expand. Each couple builds a history of intimacy with each experience they encounter. This history is unique to them and strengthens the bonds of love and confidentiality between them. All of this takes time.

When you achieve true intimacy—the kind of intimacy that involves trust, openness, freedom and time—you have reached the highest level of intimacy. It cannot be achieved without personal cost, but the benefits outweigh the price.



Six easy ways to talk about sex

Refer to a book or article

One of the easiest lead-ins is to tell your partner something new you have learned from an **article** or **book**.

Voice your fears

Another approach for someone extremely **shy** or **inhibited** is total honesty about how difficult it is for you to talk about sex.

Introduce a startling fact

Another way of initiating a sexual conversation is to introduce a startling fact: «It says here that as many as fifty percent of all married people have sexual problems that they can't talk about. What do you think about that?»

Ask questions

Asking questions about what your partner **does** or **doesn't like** is another way to begin talking about sex.

Open-ended sentences

Open-ended sentences can be useful in helping individuals get started talking about sexual topics.

Look for common preferences

Yet another suggestion is to start a conversation about a topic on which you know you agree.



Communicating with an introvert

- Make it **easy** for your partner to talk with you by offering focused attention. Sit attentively, act interested, and maintain good eye contact. Really listen when your partner does share thoughts and feelings.
- When talking to your partner, **beware of placing blame or speaking in an accusing or superior manner**. This immediately places the other person on the defensive.
- **Do not repeat to others thoughts or feelings your partner has shared in confidence**. If your partner gets the idea that nothing is safe with you and that you might tell someone else what was shared in confidence, he may never open up. If you want a quiet person to open up, you must learn to keep confidences private.
- Even when you disagree with your partner, **acknowledge that you have heard and understand his or her feelings on the matter**. If your partner is grappling with a problem, put your new active listening skills to work, allowing him or her to get it out of their system. Restrain the urge to offer solutions. Instead, give complete understanding and acceptance. **Solutions** can come later. Establish an atmosphere of acceptance and trust first.
- **Reestablish touch**. Verbal communication is easier if preceded by physical touching. Look for occasions when your partner has accomplished something special or received a special commendation. A verbal affirmation plus a hug or a pat on the back is a beginning. Sharing a laugh over a funny story can also yield a favorable time to squeeze a hand or touch a knee. Even sickness offers opportunities for touch through a back rub or a cool hand to a warm forehead.



Now is the moment

"Let every man
be quick to hear,
slow to speak,
and slow to
anger..."

JAMES 1:19, RSV

I WRITE these words following a visit from our children, who are now married but have been to our home with their children. This has been a very special time for all of us. We were together once again.

Our house was full of children, love, and laughter.

Our family was «Complete» again.

Yesterday the house was hustling and bustling with activities, meals, babies, and wonder.

Today it is very quiet.

Everyone is gone.



Tests

CHECK YOURSELF OUT

Hemingway said: "Two years are needed to learn to speak, and sixty to learn to be quiet."

Allowing others to talk is a basic, although seldom practiced, exercise of **respect and tolerance**.

When we are silent, we should attentively listen so that we could correctly sense the message others deliver to us. Then we could **understand and accept** them more and more.

Most human **conflicts** may be avoided if we **attentively listen** to each other's reasons instead of simply **hearing** them.

It is worth knowing our **listening abilities and to accept others like they are**—especially in the case of our partner.

As we increase our attentive listen-

ing ability we will find ourselves better endowed to **appropriately express our thoughts and feelings**, and in turn be better accepted



Scoring for: do I have a good acceptance quotient? (p. 176)

- 40 - 48 Your acceptance quotient is excellent.
31 - 39 You are above average in your acceptance quotient
22 - 30 Your acceptance quotient is average. Strive to improve areas where help is indicated in order to achieve warmer, healthier relationships.
01 - 21 You definitely need help in learning to accept your partner the way he/she is before you can achieve a warm and healthy relationship. Carefully examine each area where improvement is indicated and work on becoming a more positive, accepting individual.

Scoring for: how well do I communicate? (p. 177)

- 52 - 60 You possess a wide variety of excellent communication skills.
44 - 51 You are above average in communication skills.
36 - 43 You are average in communication skills. Seek to improve areas where help is indicated and you will achieve warmer, healthier relationships.
01 - 35 You need improvement in many areas of communication before you can achieve the warm, healthy relationship you desire. Carefully examine areas where improvement is needed. In your day-to-day communication with your partner, begin to put into practice the newly learned skills acquired from the reading of this book. Soon you too will enjoy the benefits of successful communication!

Scoring for: how well do I understand my partner? (p. 178)

- 32 - 40 You are doing an excellent job of understanding and supporting your partner!
24 - 31 You are doing well in understanding and supporting the differing needs of your partner.
15 - 23 You are average in understanding and supporting the differing needs of your partner. Seek to improve areas where greater help is needed to achieve warmer, healthier relationships.
01 - 14 You need help in many areas of understanding and supporting the differing needs of your partner. Carefully examine areas where improvement is indicated. Discuss with your partner changes that need to be made. As changes are put into practice, you can achieve a closer more supportive relationship.

Scoring for: am I a good lover? (p. 179)

- 52 - 60 If you were totally honest in your responses, you receive an «Excellent Lover Award».
44 - 51 You are definitely above average in your knowledge and skills as a Lover. Continue to strive for excellence.
36 - 43 You are average in your skills and knowledge of what it takes to be a «Lover». Seek to improve areas where help is indicated in order to achieve warmer and healthier relationships. Use chapter 7 on «Sexual Intimacy» to advantage in improving your relationship.
01 - 35 Definite help is needed in many areas before you can achieve an «intimate» sex life. Carefully read and study chapter 7, noting areas of change that need to be incorporated into your relationship. Discuss this with your partner. Soon you will enjoy the benefits of a warmer, more rewarding sex life!

Communication: An art worth learning

- The Pair-Bond—the “glue” which mysteriously bonds male to female... how to make that glue stick!
- Understanding the psychological differences between men and women... His and her talk styles, fighting styles, and more!
- The art of listening through nonverbals, body language, and creative questioning.
- The best techniques and strategies to communicate with your partner frankly and openly.
- Spiritual intimacy—draw closer to your spouse by drawing closer to God.



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