

COMMUNICATION & RELATIONSHIPS

Understanding the
importance of
connecting in
communication

Following Christs
Example

Pastor Don &
Mary Wickstrum



DANGER: BUCKLE UP

NEWS FLASH!!!!!!!!!!

WE ARE ALL DIFFERENT



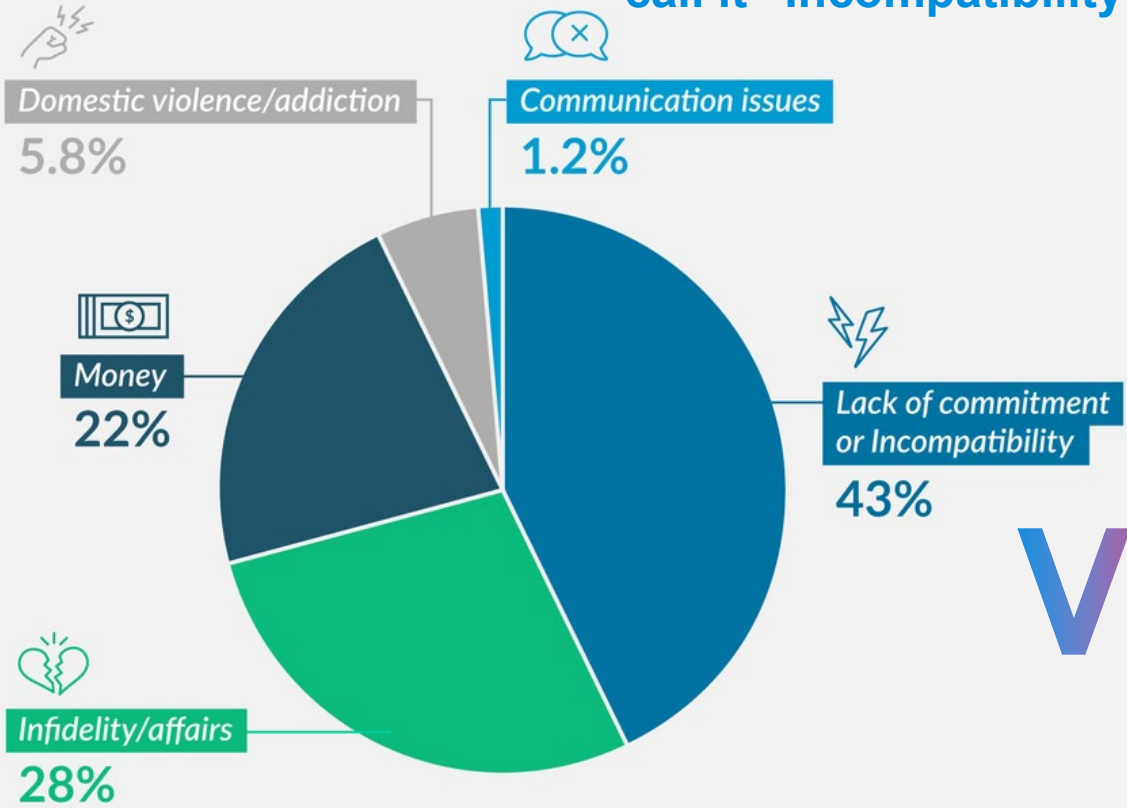
Communication is Natural, Effective Communication Takes Work



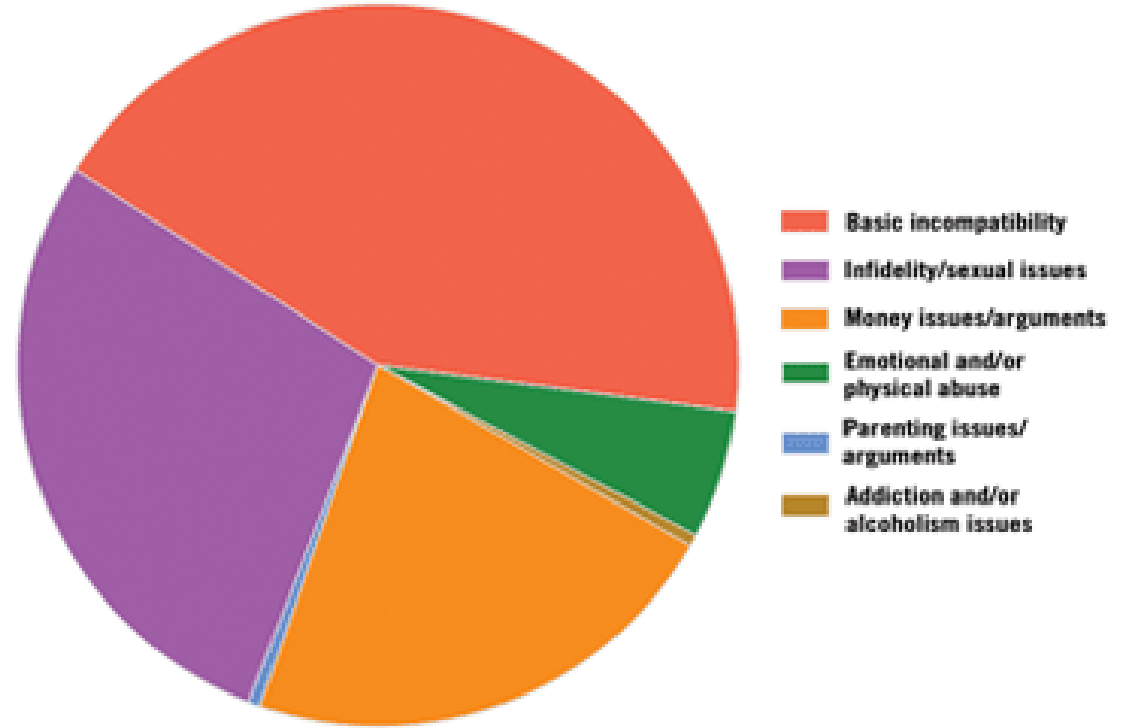
Divorce Rates

The Data has been manipulated:

We not longer call lack of commitment that, we call it "Incompatibility"



VS



Source: Institute for Divorce Financial Analysts

Divorce Rates

What are the Calling “Basic Incompatibility Now?”

WHY THE RECLASSIFICATION?

- ❖ If we can begin to use incompatibility instead of lack of commitment, I don't have to put in the effort, “It just happens”
- ❖ The breakdown of the God designed family nucleolus is one of the major leading factors in social & economic issues
- ❖ We spend more money on divorce than we do on marriage education, improvement, and reconciliation.

The reason for Basic Incompatibility:

- ❖ Weight Gain
- ❖ Lack of Intimacy
- ❖ Arguing Too Much
- ❖ Lack of Equality
- ❖ Moral/Value Difference

THE FALL OUT:

- ❖ 50% of Divorcees regret the decision after the dust settles
- ❖ Over 50% of Divorcees due to infidelity regret the divorce with in 2 years
- ❖ 80% of divorcees say the divorce did not fix the issues.



Men & Women are Different.

So God created mankind in his own image,
in the image of God he created them;
male and female he created them.

-Genesis 1:27

Men can relate better to Men,

Women better with Women.

HOWEVER, THAT DOESN'T mean you can't have understanding!

Have you experienced relationship issues?

Why don't I feel heard?

Why do they yell all the time?

Why does it hurt so much?

I don't feel loved.

Will we ever get along again?

Do they even respect me?

Feelings are not the truth, but the truth is, feelings make us feel.


Breaking The Cycle

Most of the issues in relationships that we witness when counseling can be resolved with effective communication tools

- **James 1:19**
Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.
- **Proverbs 15:1**
A soft answer turns away wrath, but a harsh word stirs up anger.



LOVE BUCKET



The Love Bucket Theory.

Ever Fill a Bucket with a Hose?

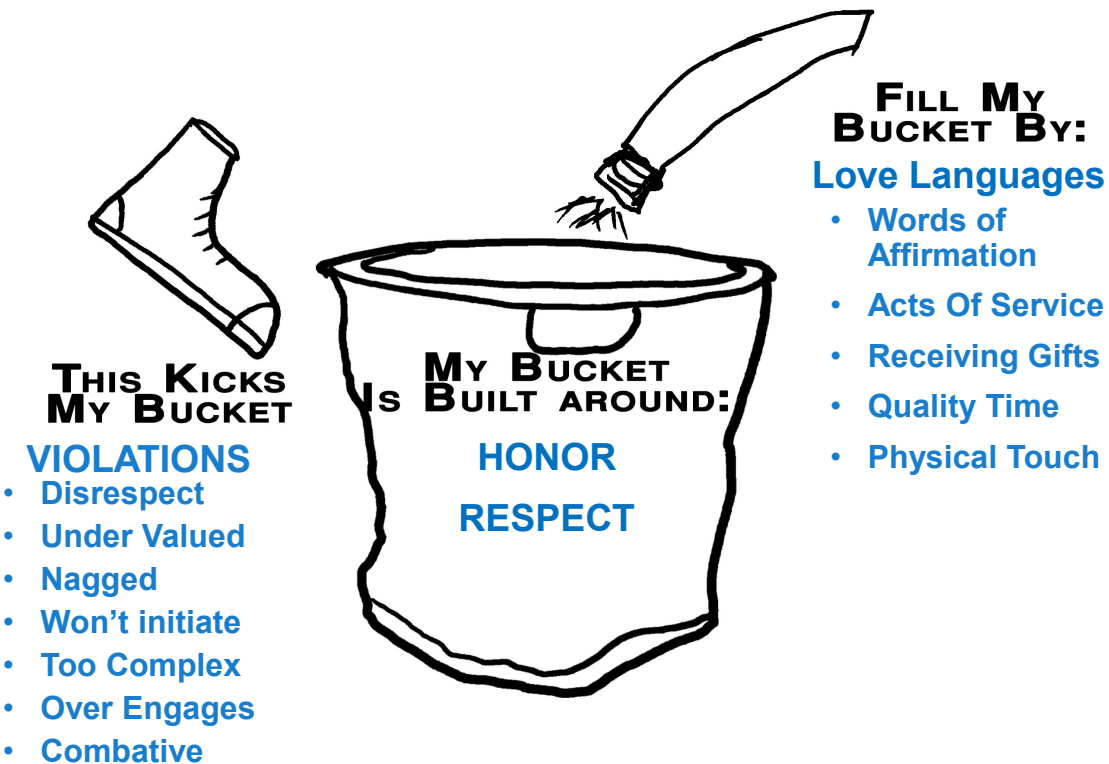
It takes a long time to fill a bucket with a Hose, however, once it's filled you can kick it over to empty it in seconds.

This is how love and affirmation vs Violation and Hurt work.

THE BUCKET THEORY

There are things that specifically can fill our “Love Bucket” and there are things that totally kick over our “Love Bucket”

THE MAN'S BUCKET



THIS KICKS MY BUCKET

- Disrespect
- Under Valued
- Nagged
- Won't initiate
- Too Complex
- Over Engages
- Combative

MY BUCKET IS BUILT AROUND:

**HONOR
RESPECT**

FILL My BUCKET BY:

Love Languages

- Words of Affirmation
- Acts Of Service
- Receiving Gifts
- Quality Time
- Physical Touch

THE WOMAN'S BUCKET



THIS KICKS MY BUCKET

- Not Protective
- Jesus not #1
- Doesn't Listen
- Not Cherished
- Paws at Me
- Does not engage
- Dismissive

MY BUCKET IS BUILT AROUND:

**SAFETY
SECURITY**

FILL My BUCKET BY:

Love Languages

- Words of Affirmation
- Acts Of Service
- Receiving Gifts
- Quality Time
- Physical Touch



Bucket Facts

Things to note about the Love Bucket

- That your bucket accumulates dents, dents don't go away by merely filling the bucket
- Dents can be painful to remove, keep that in mind
- The more a bucket is kicked the more unstable it becomes
- The more a bucket is filled, the more stable it becomes
- Everyone's bucket is different, everyone has one
- The best foundation for the bucket to stand is on **CHRIST!**



SO WHAT IS LOVE?

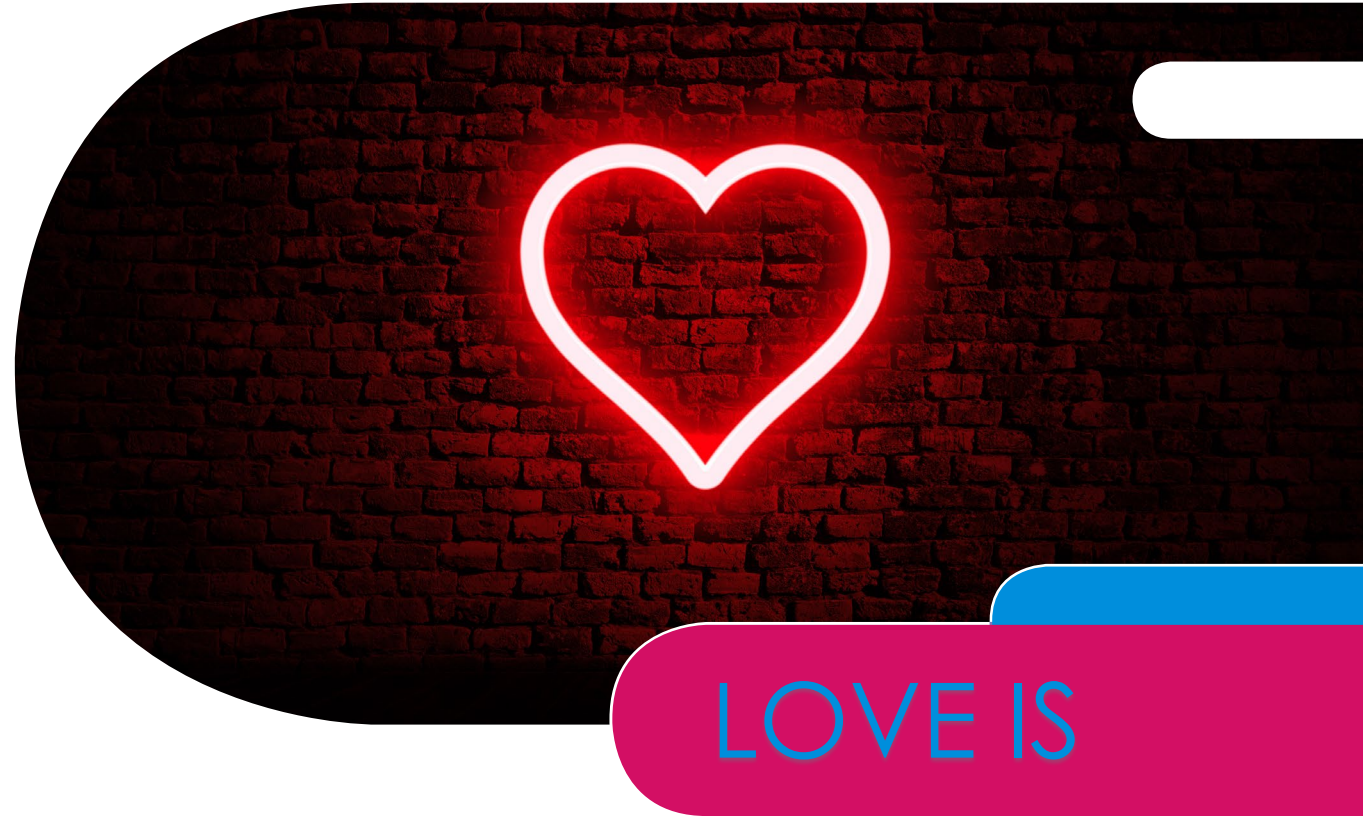
There is a clear biblical truth of love.

- **1 Corinthians 13: 4-7**

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

IF we are violating these, or have felt others have, the communication and behavior need to change!

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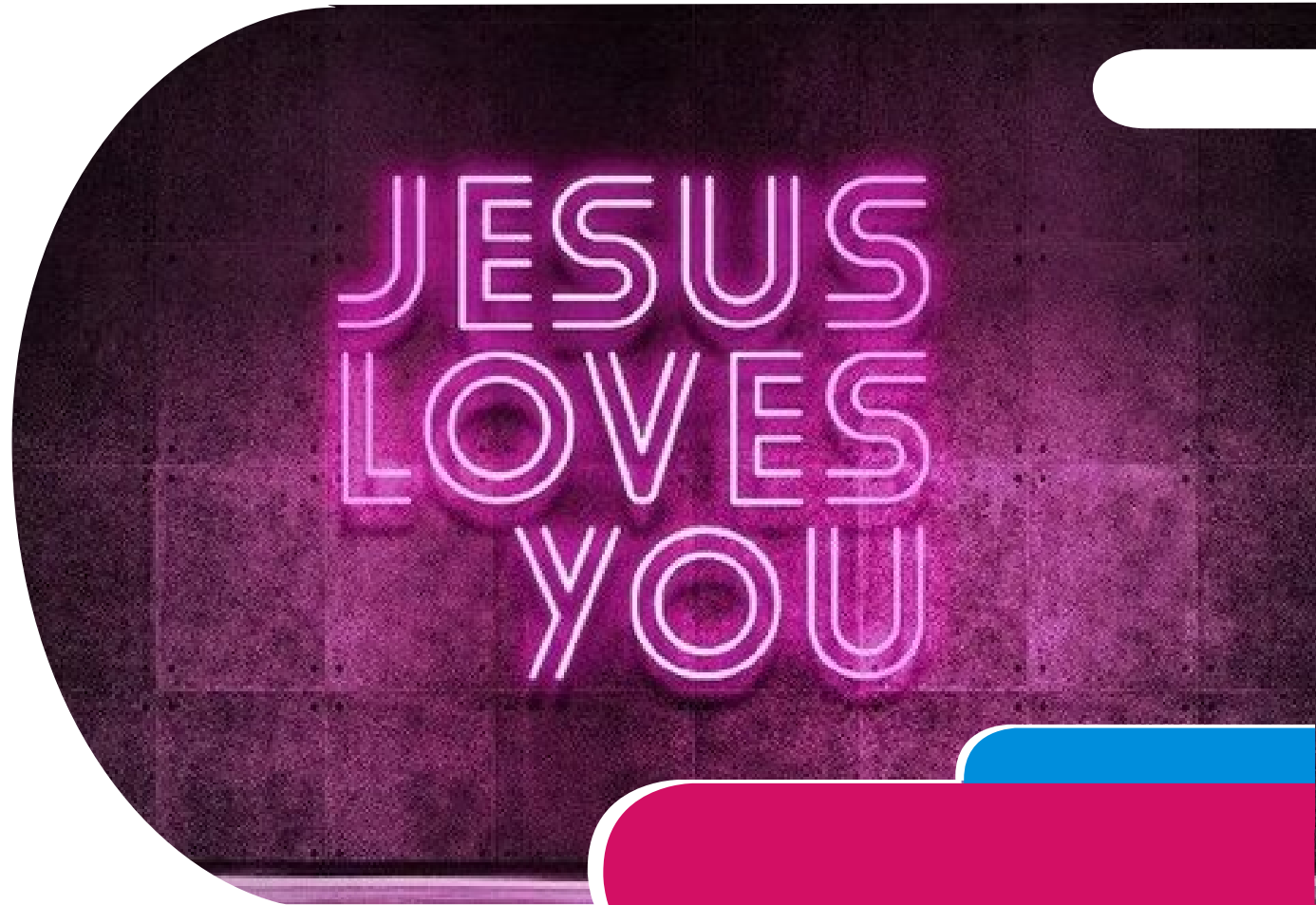


LOVE IS

JESUS SHOWS THE ULTIMATE LOVE

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him.

- JOHN 3:16-17



FILLING THE BUCKET LOVE LANGUAGES

Which way of being loved is most meaningful for me?

Designed by Gary Chapman

The Love Languages

- **Words of Affirmation:** Verbal expressions of appreciation, compliments, praise, and thanks, conveyed for the well being of the one you love.
- **Acts Of Service:** happily doing things you know your loved one would like you to do or helping your loved one with tasks that need to be done.
- **Receiving Gifts:** Tokens or symbols of affection, caring, remembrance and thoughtfulness.
- **Quality Time:** Focused, undivided and uninterrupted attention, despite busyness and business.
- **Physical Touch:** Communication of your love through the body's nerve endings, with sensitivity to what methods, circumstances, and timing the other person finds pleasant.

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Take the assessment: It only takes a few minutes!!

Filling the Bucket: Love Languages

By **knowing** the best way to **connect** through a persons preferred **love language**, it becomes easier to make the other **person** feel loved, secure, and respected.

*** JUST BECAUSE A LOVE LANGUAGE IS MEANINGFUL AN SIGNIFICANT TO YOU, DOES NOT MEAN IT IS TO THE OTHER PERSON!!

**** DON'T GUESS, ASK!

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WHAT ARE LOVE BUCKETS ARE BUILT AROUND:

NEEDS

WOMEN

SECURITY

SAFETY

MEN

HONOR

RESPECT

WHAT HOLDS IN
ALL THE STUFF WE
POUR INTO THE
BUCKETS?



HOW ARE
WE

SUPPOSED
TO LOVE?

Instructions for Christian Households

²¹ Submit to one another out of reverence for Christ.

²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing^[b] her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”^[c] ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

-Ephesians 5:21-33



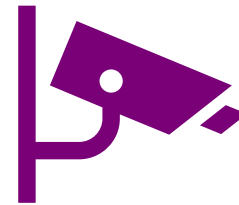
MEN: YOU WANT RESPECT AND HONOR?

BUILDING HER SECURITY AND SAFETY BY FOLLOWING CHRIST:

- READ YOUR BIBLE
- PRAY
- PRAY WITH HER
- ASK HER HOW TO PRAY FOR HER
- LEAD YOUR FAMILY LIKE CHRIST
- DEMONSTRATE YOU LAY YOUR LIFE DOWN
- PROVIDE FOR HER
- LOVE YOUR KIDS
- LOVE OTHERS
- GO TO CHURCH (TAKE THEM WITH)
- OPEN HER DOOR
- GET UP & SEE WHAT THAT NOISE IS
- LISTEN TO HER (DON'T "FIX" HER ISSUE)
- REPEAT WHAT SHE SAYS

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BUILD A WOMANS SENSE OF SECURITY & SAFETY



SECURITY

SAFETY

Women: Do you want Safety & Security?

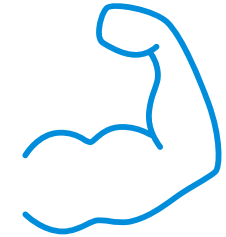
BUILDING HIS HONOR & RESPECT BY FOLLOWING CHRIST:

- READ YOUR BIBLE
- PRAY
- INVITE HIS ADVANCES
- ASK HIM HOW TO PRAY FOR HER
- LEAD YOUR FAMILY LIKE CHRIST
- DEMONSTRATE YOUR WILLINGNESS TO SUBMIT BIBILICALLY
- MAKE HIM FEEL APPRECIATED
- LOVE YOUR KIDS
- LOVE OTHERS
- GO TO CHURCH
- MAKE HIM FEEL LIKE A HERO
- RESPECT HIS OPINION
- Pastor Don & Mary Wickstrum SLOW DOWN, SHARE 1 THING AT A TIME
- LET HIM KNOW WHEN YOU FEEL SAFE/SECURE

BUILD A MANS SENSE OF HONOR & RESPECT



HONOR



RESPECT



Improving Relationships With Better **COMMUNICATING AND CONNECTING**

Pastor Don & Mary Wickstrum

**Learning How to Connect in More Meaningful Ways
Through Understanding**



VIOLATION: KICKING BUCKETS

3 ways our Love Bucket is violated and Kicked over:

Unintentionally- We are all unique, and sometimes we accidentally or unintentionally kick someone's bucket over with out meaning to. Or we do it by neglect, misunderstanding, or carelessness.

Intentionally- Hurt People Hurt; We do it through Retaliation, Frustration, Fear, or Resentment.

PTSD- Something we do causes a person to experience what may have put a dent in their bucket. A past trama, abuse, violation, or hurt.

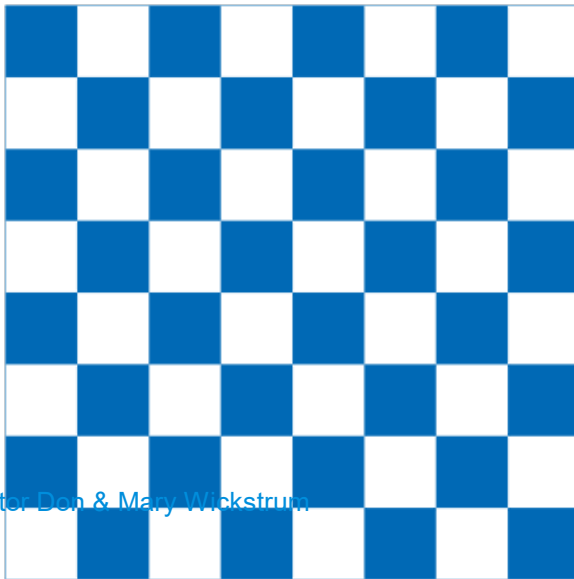


The Connection Disconnect

We kick others buckets over because we fail to recognize the difference in our brains. Mark Gunger's "Laugh your way to a better marriage" does a great job illustrating this

Men's Brains

- Men can only multi process 1 to 2 emotions/thoughts/activities at a time.
- Mens brains behave more like checkerboard



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Women's Brains

- Women can multi process up to 8 emotions/thoughts/activities at a time.
- Women's brains are like a bowl full of spaghetti



The 8 to 2 Problem

HOW TO PREVENT IT

He can process 1 to 2 things.



When a woman communicates with a man its like she is juggling 8 apples, she then expects to throw those apples at a man, no he can only catch 2, problem is, the 2 he catches may not be the most important, and there are 6 apples laying on the ground, untouched.

The 8 to 2 Issue



She can process 8 things at once, all are connected, and all are important.

Affirmation Tool Exercise:

SLOW DOWN:

THE RULE OF 1:

1 Person Speaking

1 Person Listening

SHARE 1:

Emotion

Problem

Reason

Need

I FEEL sad

WHEN YOU are late for dinner

BECAUSE I feel undervalued

I NEED you to be here when you say you will.

GUIDELINES:

- Must stick to the rule of 1's
- No accusations, we can never tell anyone what their intentions are until we hear specifically from them.
- Listener must be able to repeat the statement accurately, affirming that they hear them.
- If speaker does not feel listener affirmed accurately, they repeat the exercise.

Affirmation Tool Exercise:

I HEAR YOU FEEL sad

WHEN I AM late for dinner

BECAUSE you feel undervalued

You **NEED** you need me to be here
when I say you will.

HONESTY MUST PREVAIL –
EVEN IF ITS UNCOMFORTABLE!

Wounds **from** a friend can be trusted,
but **an enemy** multiplies **kisses**.

Pastor Don & Mary Wickstrum Proverbs 27:6

Validation Tool Exercise:

I MEANT TO MAKE YOU

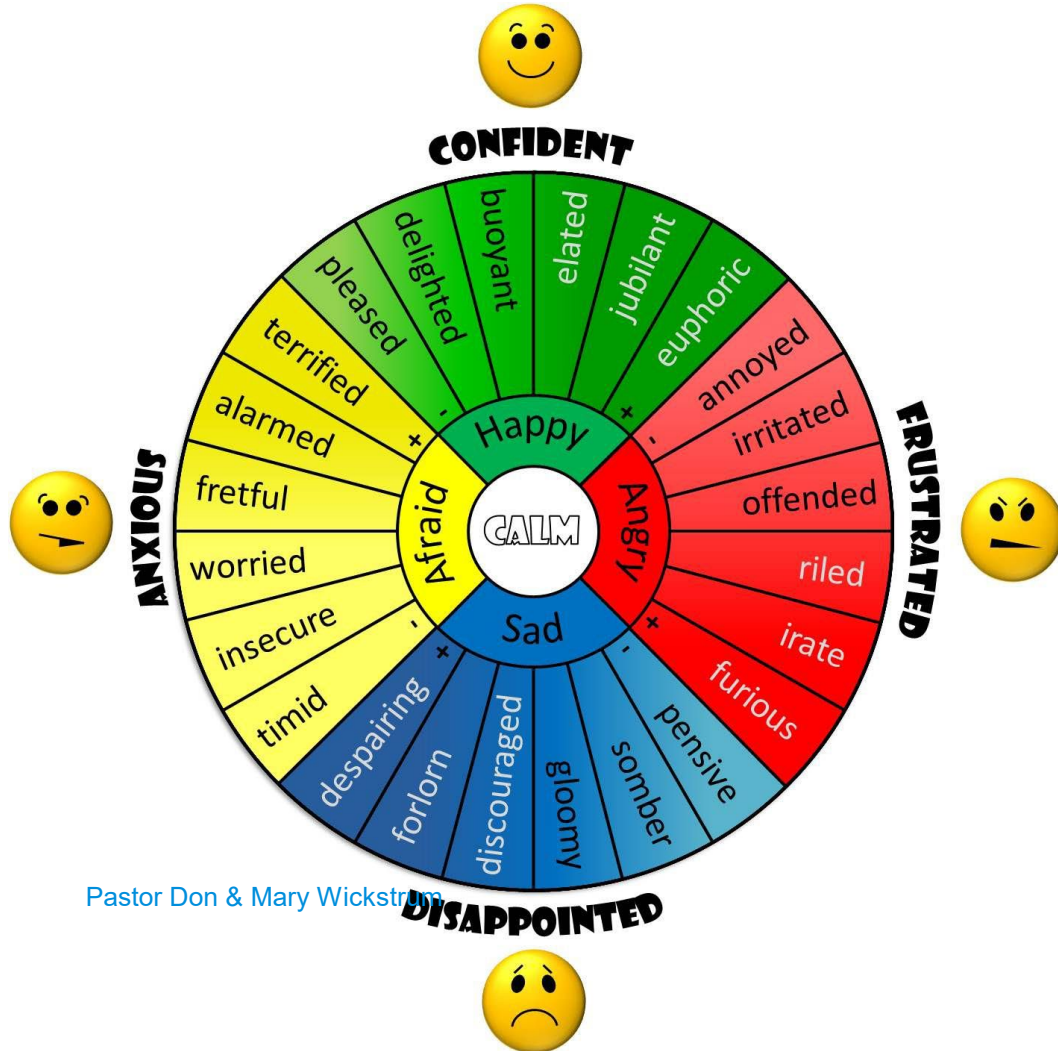
WHEN I _____

BECAUSE I FELT _____

I NEED YOU _____.



THE EMOTIONAL FUNNEL ISSUE:



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Emotion by Escalation:

- If you find you are stuck feeling and participating in the same emotion over and over, you have what we call, an emotional funnel issue.

This happens because through our normal display of emotions we did not get the desired response we wanted, so we escalate our emotions till we are satisfied enough with the reaction. Overtime it tends to be the same emotion has surfaced despite the different root emotions once is having?



4 T

The 4 T's of Effective Communication Guidelines

Timing – Understand the timing you are in, is now the appropriate time & place, am I avoiding, is now wrong?

Touch – Connect Eyes, Hold Hands if Able to, Respectful Touch Can Calm

Tone- Note Your Volume, Do Not Escalate, No Negative Body Language

Temperament – RESPOND do not REACT, Examine your heart and your motive, Hurt people Hurt, but they don't have too.

- Communication does not try to extinguish the other persons feelings, but to understand them.
- Effective communication makes room for both sides to be heard, understood.
- **DO NOT COMPROMISE BUT RESOLVE** your conflicts.

Communication and Relationship Tips



1. Set time aside to talk (Make time)
2. Reduce the noise (Get rid of distractions)
3. Pray and read the bible together (yup might be awkward, but statistically HUGE for saving relationship.)
4. Use Affirmation/Validate/Mirroring Tools
5. Eliminate outside forces of Influence
6. Go to church, get plugged in.
7. Make a plan, Set goals (any plan without goals is a wish)
8. Gain accountability (both inside the marriage, and also with a Pastor or Neutral party)
9. Total Commitment and Honesty
10. Respond, do not react, resolve do not compromise.

Know that your past can affect your present, but your mindset affects your future!!

2 Things Needed to Exist for Love to Exist:



Thank you!!!!!!



Please Reach Out
To one of the Pastors
If you Need Help