

Keys to Communication

Based on Chapters 5-7 of “Keep Your Love On” by Danny Silk)

What is Communication?

- Communication exposes what is going on inside the human heart. Jesus said, “For out of the abundance of the heart the mouth speaks.”
- If your heart, your internal reality, is governed by fear, then you are going to telegraph that through your body language, facial expressions, words, and tone. Conversely, if your heart is governed by faith, hope, and love, you will release this reality through what you say and how you say it.
- If your heart is governed by fear, then much of what you communicate is actually designed to hide what is really going on inside.
- You hold back, pretend something doesn’t hurt, or act happy when your heart is breaking in an attempt to avoid the pain that being “real” can inflict.

It’s also possible that you (like many) were never taught how to interpret and translate the language of your thoughts, emotions, and desires into words, let alone communicate them to others. As a result, your internal reality has never been validated. Now ashamed and fearful—the results of not knowing how to communicate your feelings—you hide behind an acceptable social mask. Fear of truth is the great hijacker of communication. When you don’t have either the courage or the ability to face the truth of what you feel, think, and need, you end up communicating confusing and inaccurate information—sometimes even downright falsehoods.

(2015-05-15). Keep Your Love On: Connection Communication And Boundaries (Kindle Locations 937-939). Printopya. Kindle Edition.

Fear-based Communication

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This where individual recovery process is vital to prepare to have healthy relationships!

Communication Styles

Passive, Aggressive, Passive-Aggressive, Assertive

Assertive communication empowers us to speak truth with love. Love is interested in another’s well being, doesn’t merely want to self protect. We can state our truths, express our needs, and can offer the same in return when we are asked to listen. We are about people, not just about outcomes or getting our way. Assertive communication validates both the giver and the receiver of information - and entitles people to hold a perspective, even when they don’t align.

The Downfall of Relationships

Unexpressed needs, unmet needs, lack of vulnerability and lack of honor drive controlling tactics. Once control dominates a relationship - love is no longer in operation and there are no levels of turmoil and conflict as a result. The lack of ability to be truthful, honest and to establish trust to be who we are is where relationships break down. When pain and violation strike, we seek to self protect through anger, checking out, defending or lashing out. Then a new layer of problems is created.

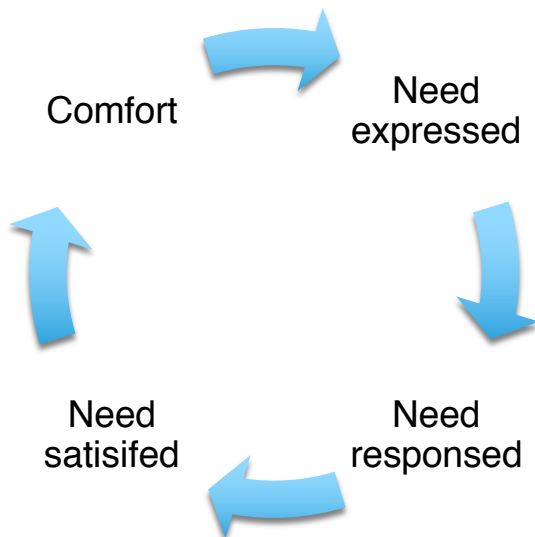
Defining Needs

Needs drive relationships that are broken because two people are living in lack physically, emotionally or spiritually. Many times we put pressure on human relationships that only God can satisfy. Thus, our needs are legitimate, but we are asking a person to wrongfully fill it. First we need to define our need, then categorize them, and ultimately express it to God or the person involved.

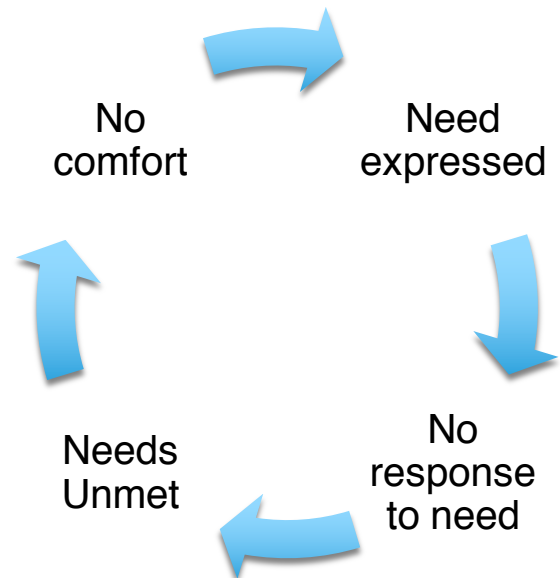
Overcoming Conflict

Conflict arises when two people aren’t in agreement, or when needs aren’t being met. There are many reasons for this, but the overwhelming problem is that people self protect rather than commit to connection. Conflict isn’t wrong in and of itself, it just means there is an area that requires respect, communication and work. When we have not yet learned confrontation and communication skills, this is an almost impossible task.

Cycle of Trust



Cycle of Mistrust



Building A Conflict-Resistant Connection

1. Our first goal in a conversation is to understand one another.
2. My thoughts, feelings, and needs are valuable and important, and so are yours. (honor)
3. I do not participate in disrespectful conversations. When my thoughts, feelings, and needs are devalued in a conversation, I will stop the conversation and set a clear boundary. Until respect is restored, I will not participate.
4. We need to communicate our true feelings and needs to establish trust and intimacy. (If we hide our needs, go around them or expect they be interpreted indirectly, we are responsible for the outcome).
5. It's my job to tell you what is going on inside me, and your job to tell me what's going on inside you. We do not have powers of telepathy or the right to assume we know one another's motives, thoughts, feelings, or needs.
6. Our first goal in a conversation is to understand one another. The best way to communicate my feelings and needs to you is to use "I messages" and clear, specific statements that show what I am feeling and experiencing.
7. I will not expect you to know my feelings and needs unless I have communicated them to you.
8. I will not make judgment statements or tell you how you must change in order to meet my needs.
9. When you communicate your needs to me, it is my job to listen well so I can understand what you

need, how my life is affecting you, and what I can do to meet your needs.

10. I am committed to protecting and nurturing our connection. I will do what I need to do in order to keep moving toward you— no matter what.
11. It's my job to manage my heart so that I can respond to you in love and cast out fear in our relationship.

Silk, Danny (2015-05-15). *Keep Your Love On: Connection Communication And Boundaries* (Kindle Locations 1281-1300). Printopya. Kindle Edition.

Where to begin?

1. Is our relationship able to handle honesty and a level of trust (if no, individual work required)
2. Are two people willing to do the uncomfortable and sometimes painful work of sharing, communicating and being sensitive to each other's needs? If no, that needs to be addressed first.
3. Is our relationship able to move beyond surface level and mask wearing, and into authentic vulnerability? If no, those areas need to be addressed first.
4. Have both people honestly assessed the contents of their heart before the Lord, understanding their missing needs, their injuries, their strongholds and character defects (if no, they will view everything from a faulty filter and it will be difficult to find a truth baseline)
5. Can both parties comply to the above guidelines? If no, that needs to be addressed first.