

STUDENT HANDOUT — Seminar 4, Session 5

Communication (Part 2) — How Do I Learn To Communicate with my Companion?

I. What are the five levels of communication?

- A. Level I - This is the _____ level of intimacy.
- B. Level II - This is a _____ level of intimacy but up from Level I.
- C. Level III - This is the _____ level of intimacy.
- D. Level IV - This is the _____ intimacy level.
- E. Level V - This is the _____ intimacy level.

II. What is the best time of the day to talk to each other?

- A. The _____ four minutes of your day when you are both awake.
- B. The last four minutes before you _____ from each other for the day.
- C. The _____ four minutes when you see each other again.
- D. The last four minutes at the _____ of your day.

III. How can I learn to communicate to my companion?

- A. We must learn how to speak each other's personal learning style language.
 - 1. One learning style is to be _____.
 - 2. The second learning style is more _____.
 - 3. The third learning style has to do with how you _____ about something.
 - 4. The fourth learning style is about _____.
 - 5. The fifth learning style is about _____.
 - 6. The sixth learning style is about the _____.
 - 7. The seventh learning style is the _____.
- B. We must try to understand the differences between males and females.

1. Our _____ are different.
2. Our _____ are different.
3. Women are usually the _____ in most relationships.
4. Men are usually the _____ in the relationship.

Research material from Dr. Norm Wright

CONCLUSION

Communication in a marriage is extremely important. Without proper understanding and adjustments many marriages will experience great difficulty and possibly split up.

Communication is the key to the success of your marriage!