

EFFECTIVE COMMUNICATION IN RELATIONSHIPS

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"Always speak words that are kind and proper. Speak words that will be good for those who hear you. When someone asks you a question, you should know what to say. You should know how you ought to answer each person." Colossians 4:6 [EE]

Every relationship thrives on effective communication. The emphasis here is on the word 'effective'. It is not enough to communicate, but, to communicate effectively.

Communication is simply the flow of a message from the sender to the receiver irrespective of whether or not the receiver fully downloads the intent of the sender. While effective communication is the flow where the receiver fully understands the message and intent of the sender.

Conflict in a relationship is virtually inevitable. In itself, conflict isn't a problem; how it's handled, however, can bring people together or tear them apart. Poor communication skills, disagreements, and misunderstandings can be a source of anger and distance or a springboard to a stronger relationship and a happier future.

Types of Communication

There are generally four types of communications:

1. Verbal communication

The use of language to transfer information through speaking or sign language.

2. Non verbal communication

The use of body language, gestures and facial expressions to convey information to others. It can be used both intentionally and unintentionally.

3. Written communication

The act of writing, typing or printing symbols like letters and numbers to convey information.

4. Visual communication

The act of using photographs, video, art, drawings, sketches, charts and graphs to convey information.

Importance of Effective Communication

Intimacy

Effective communication strengthens the bond of a relationship and increases the level of intimacy between partners.

Trust

A couple that knows how to communicate effectively develop a higher level of trust for each other.

Breeds understanding: when you communicate effectively, you make it easier for your partner to understand you.

Peace

When there is honesty, consistency, love and understanding born from effective communication, there is bound to be peace.

Qualities of Effective Communication

Clarity

For communication to be effective the party sending the message need to be clear on the message he/she intends to pass. Say what you mean without holding back.

Love

Love makes you speak sincerely from your heart, creating a bond that makes understanding easier.

Coherence

There's synergy with every words and phrases spoken in effective communication.

Tips For Effective Communication

Pay attention to your partner when he/she is speaking.

Listen to understand not just to reply.

Maintain eye contact (when speaking face to face)

Be honest with your partner.

Speak with love and respect.

Make communication fun.

Summary:

Love can be described as the heart of relationship while communication is the lifeblood. When communication is deficient or ineffective in relationship, almost everything goes faulty. A relationship can live or die over time by the quality of words exchanged in it.

"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." Prov 18:21[KJV]

