

TEAGUE BIBLE CHURCH

BEST WAY TO COMPLAIN IN MARRIAGE? (Or any relationship)

There is a negative and positive way to complain.

GROUND RULES:

1. I will not use the words, "Always"/ "All the time" / "Everyone"/ "Nothing"/ "Never"/ when I make a complaint.
2. We will not toss in past failures of the other person in the course of being honest and making a complaint about the situation at hand.
3. We will carefully listen to the other person when they are talking, rather than thinking up a defense.
4. We will prove we were really listening by repeating back to the other person what we heard them say and what we thought they were feeling. (Most of the time people listen to respond, and do not listen to fully understand the other's position.)

Examples:

1. Negative: "You're never affectionate."
2. Negative: "You're inconsiderate."
3. Negative and specific: "You rarely pay me a compliment."
4. Negative and specific: "You don't acknowledge my efforts to keep the house neat and fix dinners you like."
5. Negative and specific: "You always take for granted the work that I do."

6. Positive and specific: " I would appreciate if you would ask how my day went."
7. Positive and specific: "I'd like you to let me know if you like the way I keep the yard mowed."
8. Positive and specific: " I would like you to notice that I am trying to be a good wife and friend to you and a good mom to the kids."

REMEMBER: Point to the desired behavior, but without manipulation of threats.

EVERY MESSAGE WE SEND IS A THREE -WAY MESSAGE:

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|------------------------|------|
| 1. Content _____ | 20 % |
| 2. Tone of voice _____ | 40 % |
| 3. Nonverbal _____ | 40 % |

GREAT VERSES: Proverbs 15: 1-4, Ephesians 4: 29-32, 5:33, I Peter 3: 1-2, 7-9, Galatians 5:25-26