

# COMMUNICATION IN MARRIAGE

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Communication is one of the most powerful factors influencing the quality of a relationship. When effective communication skills are developed in a marriage, a couple is able to enjoy better problem solving, better sharing, and better understanding and more effective empathy. It is through communication that the relationship either grows or is destroyed.

Communication is a continual balancing act, juggling the conflicting needs of intimacy and independence.

If intimacy means that a couple is close and the same, and independence means when they are separate and different, is easy to understand that a thorough appreciation of each partners' communications style must be explored.

All couples want to share and be intimate with each other, but find themselves not able to attain these desires. They communicate ideas and facts but rarely shared their personal feelings about each other. When they share feelings and give feedback without expecting or demanding change, partners demonstrate that they care about each other and their relationship more than they care about maintaining peace at any price.

Most of us assume that if we can speak and hear, we can communicate. What we say verbally constitutes only a small part of all that is communicated. How we listen, look, sound and feel will constitute the majority of how we communicate.

There are four major ways in which you can communicate: Listening to your partner, speaking to your partner, body language of each of the partners and touching your partner.

Listening is so basic we often assume we're doing it effectively. Listening can sometimes be forgotten as both parties are in conversation, each striving to put forward their points of view. When we truly want to know the facts, we listen very intensely. When we just wish to win, we tend to half listen and mostly think of what to say next. Active listening is the term used when we want to achieve constructive ways to listen. You must be totally in the present by focusing your attention on what is being said. Thinking of what to say or an idea that you are waiting to express must not distract you. Reading a newspaper or magazine, watching television or working on your computer are other ways that will distract you from actively listening to your partner.

Speaking to your partner might seem easy because we do it each day. Unfortunately, most of the time, we fail to listen to what we say, how we say it and realize the impact that it has. In a relationship, a couple may fall into the habit of giving little attention to what they say to each other. In speaking to your partner, remember to speak for yourself, don't mind region. Always keep your statements brief, don't go on and on. Stop to let the listener paraphrases, this will give both of you an opportunity to be sure that what you are saying is being said in the manner in which you intend. Send clear messages, say what you mean and feel.

Most of our communication is nonverbal. Words are only a part of the total message we send. A gesture, a smile, a glare, a raised eyebrow are all ways of expressing ourselves. If a message is misunderstood, our nonverbal behavior may be at fault. At times our behavior may seem to contradict the message in our words. It is possible that our nonverbal message is the accurate message. Our nonverbal behavior may be conveying what we actually feel and think, but the words we choose are words that we feel our partner wants to hear.

Hugging, holding hands, placing your arm around each other are ways that convey positive communication with your partner. This form of communication is often called affection. It is a clear indication to your partner that they are loved, they are wanted, and they are needed.

Open dialogue is vital to a living relationship. Communication between two human beings who have totally different histories, belong to different sexes, and look at the World from different perspectives will undoubtedly have difficulty with communication. The ongoing process of blending two personalities into a relationship that is mutually enriching involves effort from both partners.