Be Known, the podcast

Episode 23

Interview with host Kerrah Fabacher and guest Jessica Hottle

The Impact of Healthy Communication in Relationships

-Past experiences fuel us for present realities.

-If you have been delivered, deliver others. If you have been healed, heal others. We get to do this with the help of the Father.

-She hated confrontation as a child because of what it created. So she learned to hide it. If she hides her feelings and thoughts, she can avoid pain and discomfort. This led to unhealthy relationships in her life. She was too afraid to confront the discomfort of assertive, honest communication.

## - She is now learning to use her voice in her relationships. How?

 She comes boldly into confrontation so that she does not stew on her emotions too long and make a situation worse. She likes to get things solved. Without communicating, this is not possible.

“If we stew on our feelings too long without sharing them, we make the situation worse.”

-We literally cut people out when they hurt us, instead of working through it and talking through it

## The cost of not communicating: not doing it adds to the pain and the pain continues to build. That leads to more hurt and more bitterness and even isolation from relationships.

“A seed can only reproduce after its own kind.”

-We are avoiding the pain of what could happen if we are honest and open, but we are missing out on great relationships because of it.

## Common communication pitfalls:

 - Assumption

 - Unhealthy and unrealistic expectations lead to assumptions of roles in relationships

 Also can too often assume we know we people are thinking or feeling, or that someone should know how how we are feeling.

 - Others should operate in a relationship how we would operate in a relationship

 - “They should know what we need or want…”

 - These can lead to bitterness and constant disappointment and drive a wedge in a relationship because there is much left unsaid.

 How to overcome this:

 - “Turn inward before we express outward.” How am I responding? Do I understand why I am doing what I am doing? Am I considering the other’s needs here? Maybe the other is hurting, too.

 - Look for clarity

 - Slow down and take time before we speak or jump to conclusions

 - Ask a clarifying question to understand

 - Disregarding someone else’s feelings to elevate your own

 - Showing a person their feelings do not matter, indirectly or directly

 - This makes a person shut down and stop sharing openly about their thoughts and feelings; a person then learns to be a more passive communicator who does not believe their matter.

 - We need to be mindful of making sure we allow another person to have a voice in the conversation, too.

 - “We come to defense because we hate the feeling of being wrong.”

 How to overcome this:

 - “I hear what you are saying. I hear you. Can you help me understand?”

## Simple and effective communication strategies

We all receive and respond differently, but it is important for us to take the first step toward growth and maturity. We should treat them as we want to be treated. Communicate in the way I want others to communicate with me. Don’t wait on them to do this for us first.

- Attempt to understand the other person

 Ask questions: (demonstrates humility and genuine care; bridges the gap and draws you closer)

 How do you feel loved?

 What do you need?

 What can I do for you?

- Look inward

 - What is going on with me?

 - What do I need?

 - How do I feel?

-Walk through healing

-Remember that the other person is not always the problem

 - You are part of the problem, too.

- Be willing to read your Bible and pay attention to how to communicate in relationships (esp. In the Proverbs). It is the foundation of where good communication starts.

- Tune into the Spirit and what you need to say or not say in a situation

- Consider if there is an offense that needs to be forgiven and embrace humility

“There is always tension in the midst of healing…We live in the tension of the flesh and our Spirit… Am I willing to get it wrong and say sorry?…The tension is in the *not* communicating. When we allow ourselves to move through the pain of communicating and reconcile with someone, we are learning how to have healthy relationships.”

We don’t have to walk through our healing alone. We have access to the Spirit, our helper, at all times.