

Communication is one of those things we will probably never master. And it also takes continued attention as time passes and life-changes occur. **Here are some ideas on how to become better communicators.** Answer the question: "In what ways have we addressed these concepts and principles?"

1. Don't let the sun go down on your anger without coming to resolution.

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2. Don't allow yourself to be entrapped in bitterness.

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3. Learn a willingness to humble yourself and pray, knowing that all grumbling and complaining is ultimately against God.

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4. Pay attention to each others heart. Keep working on your marriage system and marriage relationship. Define the places where you are not connecting.

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Define and build upon the places you are connecting.

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5. Spend time together alone, cultivating mutual interests and evaluating current successes and failures. Communicate every day!

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6. Include a mutually agreed upon objective third person when you get stuck.

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7. Identify other serious-minded couples with whom to grow and learn.

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