

Session 2 Handout

HE Said / SHE Said

Strengthening Your Marriage Through Effective Communication

Session 2: "It's Not What You Said... It's How You Threw It"

Ephesians 4:15

Speak the truth in love.

Ephesians 4:29

Let your words build up.

Communication Breakdown:

Words (7%), Tone (38%), Nonverbal (55%)

1. Words Matter

Proverbs 18:21 – Life and death are in the tongue.

- Compliment daily
- Stop complaining
- Never tear down publicly

2. Tone Matters

HALT:

Hungry, Angry, Lonely, Tired

Tone adds meaning beyond words.

3. Nonverbal Matters

Three A's:

- Affection
- Atmosphere
- Attention

Final Thought:

Words build the structure.

Tone paints the walls.

Nonverbal sets the atmosphere.

"The goal is not perfect speech, but safe speech."