

Four C's of Relationships

Commitment

Communication

Compromise

Cooperation

Five Elements of Communication

Volume

"If you shout a pleasant greeting to your neighbor too early in the morning, it will be counted as a curse!" Proverbs 27:14 (NLT)

Tone

"A soft answer turns away anger." Proverbs 15:1

Word Choice

"A word fitly spoken is like apples of gold in settings of silver." Proverbs 25:11

Timing

"There is...a time to keep silence, and a time to speak." Proverbs 3:7

Body Language

"Separate those who lap the water with their tongues like a dog from those who kneel down to drink." Judges 7:5

Three Characteristics of Good Communication

Empathy

Seeking to understand what the other person is feeling. Acknowledging those feelings in words and actions. "Putting yourself in someone else's place."

Assertiveness

Honestly expressing what you think, feel, want, and need. Communicating, clearly, openly, and tactfully the information you want others to know. Treating yourself as equal to others. Avoiding aggressive and/or passive communication.

Respect

Treating each person with value and honor.