

DID YOU HEAR WHAT I DIDN'T SAY?



There are often many factors that contribute to causing family dysfunction some are listed below.

- Abuse
- Alcoholism
- Behavior issues
- Chronic illness
- Financial problems
- Individual internal struggles
- Lack of support or resources
- Unhealthy attachment patterns
- Unhealthy parenting patterns
- Untreated mental health issues



# All Things Are Possible?



▶ Luke 1:37 ESV

For nothing will be impossible with God.”

▶ Matthew 19:26 ESV

But Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

▶ Philippians 4:13 ESV

I can do all things through him who strengthens me.

▶ Genesis 18:14 ESV

Is anything too hard for the Lord? At the appointed time I will return to you, about this time next year, and Sarah shall have a son.”

# Communication is key



- ▶ Communication about these issues and others is key to turning Dysfunction around
- ▶ Approximately **93% of effective communication** is nonverbal, while spoken words account for **only 7%**.
- ▶ Non-verbal communication includes:
  - Eye contact
  - Facial expressions
  - Posture
  - Hand gestures

# What are you trying to say?



- ▶ **Psalm 25:4 (NIV)** - Show me your ways, Lord, teach me your paths.
- ▶ **Psalm 32:8 (NIV)** - I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
- ▶ **Proverbs 3:5-6 (NIV)** - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.
- ▶ Luke 12:12

<sup>12</sup>for the Holy Spirit will teach you in that very hour what you ought to say.”

# What did you mean?



- ▶ Lack of clarity is the primary reason for failure in business and personal life.

- ▶ James 1:5 ESV

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

- ▶ 1 Corinthians 14:33 ESV / 54 helpful votes **Helpful Not Helpful**

For God is not a God of confusion but of peace. As in all the churches of the saints,

# The Listening Process

- ▶ **Attending Stage of Listening**
- ▶ **Understanding Stage of Listening**
- ▶ **Interpreting Stage of Listening**
- ▶ **Responding Stage of Listening**



# Attending or Receiving Stage



- ▶ The attending stage of listening, also called the receiving stage, is often the initial stage of the listening process. Attending is hearing the message and identifying the sounds as words.
- ▶ There are various obstacles to effective hearing, including physical challenges such as hearing impairment and overwhelming background noise.



# Understanding Stage

- ▶ The understanding stage of listening is marked by comprehension of the spoken language. In this stage, the listener ascertains the context and meanings of the speech. Listening comprehension is successful when the message determined by the listener is the same as the message given by the speaker. Because every person has a unique perspective based on their past experiences, people can understand messages differently even when they hear the spoken words correctly.
- ▶ For instance, a person may understand driving directions differently than another person based on their experiences in various cities.

# Interpreting Stage



The interpreting stage of listening is also called the evaluating stage. In this stage, the listener evaluates the message for value. This stage also involves the listener forming judgments or opinions of the message being communicated.



The interpreting stage is most successful when the listener waits to fully understand the message before judging it. Because people have different opinions and perspectives, the interpretation of a message can vary from person to person.

# Responding Stage



- ▶ The responding stage of listening is also referred to as feedback. In this stage of the listening process, the listener responds to the message with verbal and/or nonverbal feedback.
- ▶ Nonverbal responses include eye contact and nodding. Accordingly, verbal responses, like asking questions for clarification, can indicate the level of interest or engagement with the speaker's message. Responses to communicated messages can be positive or negative.

# Practices that make conversations successful

Concentrating

Concentrating on the speaker

Summarizing

Summarizing the message back to the speaker

Asking

Asking questions to clarify a message that isn't understood

Avoiding

Avoiding interrupting the speaker

Paying

Paying attention to nonverbal cues, like body language and gestures

# Gaslighting sounds like

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