

# How to Enhance Your Marriage - Part 2

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Below are more tips to enhancing your marriage that are practical and biblical.

## **Improve communication effectiveness**

- Speak with clarity and directness, the goal is to be understood and not brow-beat your mate.
- Improve overall health of the marriage.
- Do whatever you can to ensure the health of your marriage as you would personal health. Maintenance and preventive precautions must always be observed.
- Listen with interest.
- Identify and verbalize personal feelings.
- Maintain a good mood that allows communication.
- Develop effective conflict resolution skills.
- Use body language that encourages communication.
- Verbalize affirmation and affection.
- Allow differences and individual strengths to balance rather than divide.

## **Examine yourself and your spouse in light of 8 key communication skills:**

1. Identify and verbalize your feelings.
2. Ask for wants and needs.
3. Listen and be willing to enter each other's world with genuine interest.
4. Understand the moods of your spouse.
5. Manage and resolve conflict appropriately .
6. Read "meta" (unspoken body language) communication.
7. Verbalize affirmation and affection.
8. Communicate with acceptance and validate your spouse's differing values, ideas, opinions and interest, without insisting.

Following this short list of tips and essential skills will help you attain a more healthy, God-honoring marital relationship.