

3-12-15 Follow Up-Communication

Class member: (Husband) I have to just say I noticed a difference in what she was doing. Later that night we were talking and I asked 'what was the topic in class?'. She was working on it. I could tell.

Class member: (Wife) I was trying to listen to his side. I tend to not hear others opinions sometimes. I tried to acknowledge his feelings.

It made a difference. He noticed.

Class member: The thing that hit me between the eyes was the statement...If they don't understand what you are trying to communicate. You can't put that blame on them. I have 4 teenagers. It's an interesting time in our life right now. When they were littler we lived Satan's plan where we told them everything to do. We are learning how to fix that. When certain things happen I take offense I pull back and decide not to talk until I calm down. They feel like I'm ignoring them. It made a difference because of a situation this week I could go to the individual and not let that time go with nothing said. Someone has to make that step towards fixing things. I used that "Maybe I didn't communicate that well enough?"

How did they respond?

Class member: Rome wasn't built in a day. They were a little shocked. They couldn't believe that this isn't happening. They thought I haven't seen this side of you before. I think it was enlightening to them. I couldn't go into it thinking they were going to accept it.

As they learn to feel like you are more interested they will become more sensitive to your feelings.

Class member: I used the word "I understand." When one of my kids said my brother hit me. That gave me time to think about what I needed to ask them. That will give them a feeling of being validated. It was hard to do the 3 questions. I wasn't always good at it.

Can I modify that a tad? Instead of saying "I understand" say "I'm trying to understand." As you ask more questions they feel like you are working on it. They may be more anxious to feed you more information. Your intention is spot on.

Class member: What if you don't know what questions to ask?

If you don't know the answers it is actually easier to ask questions.

People are drawn to you when you ask questions and show interest. The flip side of that is that everything runs flowing together you are going to start resenting the fact that no one listens to you. You may reach a point where you start to feel a little bit lonely. You have to teach someone how to listen to you. There is a responsibility when you learn something. You get into self pity because someone isn't listening to you. Self pity is wrong.

Elder Holland's maxims for living—no misfortune is so bad that whining about it won't make it worse. ["The Tongue of Angels" April 2007](#)

Class member: In those situations you have to be vulnerable. You have to share without them drawing it out of you.

It is taking them to the point where they are on board with them. Yes you open yourself up and take a risk. We will take offense and get into self pity faster than anything.

Class member: My 12 year old has lost a 3rd pair of Sunday pants. He is going to lose 25 points by wearing jeans to a choir concert. I told him we needed to go and that I was sorry he was going to lose points for a grade. My husband had a melt down. He texted later and apologized. He said that I was trying to do logical consequences and was doing a good job.

Are you blue? She acted blue. She lectured. If your pants had been in the closet... Be empathetic. Just say, "I'm sorry." You can't be on their side if you lecture them.

Class member: Can you later ask them what you can do different?

Yes...You should ask them. You can't do it in that moment. That's not a time to say that.