



Communication 沟通

In the Family
在家庭里

Types of Communication

沟通的种类

- Verbal Communication 7% 口语
- Intonation (sound) 38% 语调
- Body Language 55% 体语



Two Truths and One Lie

俩个实话，一个谎言

- 10 to 15 minutes open conversation as a group
- Group vote on which one they think is a lie

Three Deadly Ingredients that Kills Communication

三个杀沟通的成份

- **Unresolved Resentment** 怨恨
没有解决
- **Habitual Lying** 习惯撒谎
- **Deep-seated Inferiority** 深深的
自卑

Research Stat

研究的结果

Men

Women

 Admiration	钦佩, 仰慕		
 Affection	深情, 亲热的		1
 Attractiveness	有吸引力	3	
 Honesty	诚实		3
 Family Commitment	对家庭的委身		5
 Domestic Support	家务帮忙	4	
 Financial Support	经济支持		4
 Recreational Companionship	户外同拌	2	
 Sexual Fulfillment	性方面的满足	1	
 Conversation	说话		2

Communication Skills

沟通的技巧

- Listen to Each Other 仔细的听
- Let the Words Sink In (ask for repetition) 话语进入心
- Hold Yourself Accountable for Failure 不要责怪对方，先看看自己的错



Illustration of Good Communication

- One of the most devastating communication need is about making a major decision: Should I Change Job and move 搬家还是不变?




If We Move 要不要搬家

What We Will Gain好处 (pro)

1. Near two of our best friends
2. Move to bigger city
3. Good shopping
4. Big city, more culture
5. Loose camping and nature

What We Will Lose 坏处 (con)

- Away from Most Friends
- Take a cut in pay
- Get lost in big city
- Children will have to
change school
- Loose our church which
the family really enjoy
attending

The top of the slide features a decorative header with a bright yellow sun partially obscured by blue and white stylized clouds. The background of the entire slide is a solid blue color with a fine, grid-like texture.

10 Ways to Improve Communication with Children by Dr. Adrian Sandler

1. Start Teaching listening skills early
2. Listen to them the way you like to be listened
3. Let your child complete what he is saying



4. Set good example by good eye
Contact

5. Watch your tone of voice and
All body expression

6. Teach your children to indicate
By their actions that they are
Listening

7. Talk to your child about common
interests (to facilitate
communication)



**8. See things from your children's
Viewpoint**

**9. Know when to talk and when not
To talk**

**10. Reward your children
Occasionally when they display
Good listening habits**