

Session Two: Video Notes



In order to keep staying in the know, you need to have open _____ and _____ conflict resolution.

To capture the real meaning, **1 Peter 3:7** (Phillips) states: "... you husbands should try to understand the wives you live with ..." What this verse literally means is that a husband is responsible for creating a sense of understanding in his relationship with his wife. In other words, a husband should be thoughtful, considerate and make his wife feel understood.

OPEN communication has four depths:

Observations and _____

Perspectives and _____

Experiences and _____

Needs and _____

There are six essential skills for building open communication and for working through any misunderstandings or conflicts.

Skill # 1: Genuine _____

Skill # 2: Respectful _____

Skill # 3: Active _____

Skill # 4: Mutual _____

Skill # 5: Meaningful _____

Skill # 6: Forgiving _____