

## **Building Healthy Family Communication**

You're stuck in the house with your family. Your schedules have changed with many of the outside diversions removed for the next who-knows-how-long. In reality, what you might be complaining about could actually be a timely gift from God! We've been given the gift of family time. Let's not waste it.

Why not take the time to focus on each other, communicate with each other, eat together as a family, learn about one another, and listen together to God's Word in the Bible? Good communication involves **talking** and **listening**. As you **talk** and **listen**, make an effort to follow these ground rules for good communication

- Do** allow others to say what's on their mind.
- Don't** react defensively to what others say.
- Do** let the other person finish what they are saying.
- Don't** use the words "always" and "never" in negative ways.
- Do** ask for clarification if you're not sure what the other person is trying to say.
- Do** work to understand exactly what others are saying.
- Do** pay full attention.
- Do** give others the right to say whatever they want. . . and. . . respect their honesty.



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Here are some discussion starters and questions that will stoke the fires of good family communication. . .

In ten years I want to be. . .

My favorite toy when I was younger was. . .

My favorite room in the house is. . .

If you could relive one day of your life, which day would it be?

If you could take one family photo to show to someone 100 years from now, what would your family be doing in the photo?

What's one family tradition you never want to give up? Why?

What's one family tradition you could live without? Why?

What's been the most exciting thing about being a part of our family the past few years? Why?

What's been the hardest thing about being a part of our family the past few years? Why?

What's one hardship we've gone through that has strengthened our family?

What makes our family outstanding?

What's the best thing about being together right now?

What's the most difficult thing about being together right now?

What would you change about our family? Why?

What do you need from each member of the family? (Money doesn't count!)

My hope and dream for our family is. . . Why?

What is one thing you were doing before the Coronavirus that is gone which you don't miss?

What is one thing you were doing before the Coronavirus that is gone which you do miss?

What lessons has God been teaching you through the Coronavirus pandemic?

How are you handling your fear?

Are there any Bible stories or verses that you have found to be helpful over the last few weeks?

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