

Do You Hear Me?

It is amazing how many life lessons we are learning from our 2 year old son. He does not over-analyze issues and approaches life with an honest simplicity. The other day, I (Brian) was reading an article at the kitchen table. In came our son full of energy and ready to communicate. As he began to talk, I didn't realize that he was talking to me. I suddenly found him standing next to me looking up and saying over and over..."Daddy, do you hear me?" Embarrassed, I looked down, touched his shoulder and said, "Yes, buddy. I hear you."

Often times, the communication struggles we experience in marriage need the same attention. We need to stop what we are doing and just say to our spouse, "Yes, honey. I hear you." When you are able to let your spouse know that you hear them, you will experience a reduction in anxiety levels in the home. This will allow the communication lines to open.

However, hearing your spouse is more than just an acknowledgement that you hear the words being spoken. It is about letting them know that you understand what they are saying. It is about letting them feel that you care about what they are saying. On another occasion with our son, he again said "Do you hear me?" I again said, "Yes, I hear you." However, this time he responded further. He said, "Daddy, look at me." He wanted assurance that he had my undivided attention, which only came at the point when I looked him in the eyes.

Communication weaves through our relationships in many ways and provides foundational support to each of The Seven Bridges. Be sure to take the extra step this month to make your spouse feel heard. Look them in the eye, touch their shoulder and say, "Yes, honey. I hear you."

Blessings,

Brian and Trudy

Let the wise listen and add to
their learning, and let the
discerning get guidance.
- Proverbs 1:5