

Session Three - Communication Sentence Structures

Husbands:

- This must be really hard for you, I'm so sorry you're going through this.
- You are an amazing woman and we will get through this together
- I know I am not always the best husband; you deserve to have your needs met better than I've done. I will not give up and continue to ask God to refine me to be the man you need me to be.
- You said you do not feel like a good mom, but I think you are an incredible mom and me and the kids do not appreciate you and tell you that enough.
- I know you have a lot going on and you feel overwhelmed. I just want you to know I am always here to listen and give you a hug.
- I'm sorry you are hurting. Is there anything I can do for you?
- You do not have to try so hard, I love everything about you, you are perfect for me, just the way you are.

Wives:

- I have been struggling with some of my emotions, can you just listen to how I feel and help me sort things out?
- The thoughts in my head are making me feel mad or upset with you. I don't want to feel that way, but this is what I keep thinking about...
- I have some unresolved feelings about our relationship, and I don't want them to cause problems or distance in our relationship. Can we talk about them?
- I need your reassurance because I am feeling like you do not care about me and that I am not important to you. I know that you do not try to make me feel that way, but here are some examples of what would really help me feel better....
- I could really use your reassurance and appreciation that I am a good wife/mother/Christian/person today. I am feeling attacked in my mind/my emotions, and you always make me feel more grounded and that things in life will be ok.
- You know what I really miss? When you used to (fill-in the blank) that always makes me feel so loved, valued, and cherished by you.