



NewsLetter

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What are the causes of Communication Breakdown?

It is fundamental to understand that just as a flower needs water and sunlight to bloom, any type of relationship needs a good and an effective communication to grow and remain healthy.

Have you ever had a conversation with your spouse that ended without anything being accomplished? You talk over an issue for hours, and it still ends in an uncomfortable stalemate. You walk away and wonder, what went wrong? Why couldn't we resolve this problem? If you've had one of these conversations, then you know what a frustrating experience it can be.

After a while, this communication breakdown will lead a couple to conclude that nothing can be resolved by talking together. Consequently, this couple will slowly drift apart.

If you are experiencing right now the lack and or communication breakdown in your relations, you need to identify what is causing your communication breakdown and change it before you sink any deeper into this hopelessness.

Here are a few causes of communication breakdown.

1. Stubbornness. Communication always begins with a willingness to exchange ideas on a topic in an attitude of openness and love. However, when a conflict arises with your spouse, do you dig in your heels and refuse to communicate? Do you insist upon your way, or your viewpoint?

Stubbornness is like a wall that you set up between you and your spouse.

The communication breakdown could have been resolved if there had been a little more flexibility and compromise on both sides. Both were stubbornly defending their positions and were unwilling to see the other's point of view. This is why God asks both husbands and wives to submit themselves to one another in the fear of God (Eph. 5:21).

2. When you are not willing to admit your fault.

The most primary ways you reveal your stubbornness is by being unwilling to acknowledge your own personal faults. When both of you are offended by the others' behavior, nothing will be accomplished until someone acknowledges his or her own personal fault. It is usually not just one person's problem. In most cases it takes two people to cause a conflict. You may be responsible for 10% of the problem, or 90% of the problem, it makes no difference. You must take responsibility for your part of the problem.

3. Comparison. Something else that hinders effective communication is comparison. If you say things like, "You are just like your mother," or "Why can't you act like your father?" you are making a serious mistake. Comparing your spouse with others will always bring your conversation to a dead end. Your spouse will consider this a personal put-down and will immediately move into a defensive posture.

Therefore, instead of comparing your spouse with others, why not try dealing with the specific issues that are driving you apart and destroying your relationship? This would be the best use of your time and effort in communication.

My friends, communication is the key to your marriage relationship. Don't miss the great blessing God has in store for you and your spouse as you enjoy sweet communion with each other. Deal with those issues which can destroy your oneness and take every opportunity to draw near to one another.

Note: More information will be given on this topic in the next newsletter.