

## CAUSES OF NEGATIVE COMMUNICATION

We are created to have relationships. God's heart desire is not only that we enjoy a personal relationship with Him . . . but that we develop and experience loving relationships with others.

Genesis 3:9-12

**Question:** "Why is it often difficult to have healthy communication within close relationships?"

**Answer:** Healthy, mature communication is the revelation of our true selves to someone who cares about us. Risk of rejection can be so intense that we learn different ways to hide our fears and self-doubts. We may not be aware of the destructive habits that were often formed in childhood and that stayed with us into adulthood. Yet they remain established responses that block honest and sincere communication with others.

1 Corinthians 13:11

### A. \_\_\_\_\_ AGENDAS

Am I allowing God to meet my emotional needs for love, for significance and for security? Am I resting in the assurance of my God-given self-worth? When I know that I have all I need in Christ, my heart becomes free to focus on the needs of others. Only then will Christ communicate His sincere love through me. Search your own heart. Are you free to love others or are you still in bondage, trying to get your own needs met through self-focused, hidden agendas?

Jeremiah 17:9

- **I will receive** \_\_\_\_\_ if I hide my faults, stuff my feelings, look good, become popular, give gifts, flatter those around me and am always willing to please or help others.
- **I will have** \_\_\_\_\_ if I deny my failures, appear superior, dominate, judge and criticize others, point out faults, perform well, get attention or impress others.
- **I will be** \_\_\_\_\_ if I conceal my fears, deny my anger, avoid conflict, shade the truth, withhold trust, dodge vulnerability, require certain conditions and, above all, stay in control.

Philippians 2:3-5

### B. HIDING \_\_\_\_\_

Since I want to appear perfect, but know I am not, it is often easier to avoid communication. I don't want others to see that I am anxious, fearful, hurting, angry, concerned or experiencing failure.

Jeremiah 23:24

- "What \_\_\_\_\_ would it do to talk about it?"
- "Why start an argument?"
- "I can \_\_\_\_\_ this on my own."
- "I don't want to worry her."
- "I'm uncomfortable \_\_\_\_\_ about my problems."
- "We didn't talk about these kinds of things in our family."
- "I'm probably too sensitive."
- "Humor is the best way to avoid sensitive subjects."
- "I don't have an \_\_\_\_\_ personality."
- "Women are supposed to be more \_\_\_\_\_ than men."

**C. HEART OF THE MATTER**

Your willingness to become a more loving communicator will be dependent on your basic belief system. You may think you want to develop closer, more honest relationships, but if your emotions still need confirmation from others, your communication will be self-focused and insincere.

**Wrong Belief:** "I feel unworthy and inadequate. If I let others know who I really am, I risk their disapproval and rejection."

**BY-PRODUCTS OF THIS THINKING**

- |                   |                |
|-------------------|----------------|
| • Low Self-worth. | • Bitterness.  |
| • _____.          | • _____.       |
| • Apathy.         | • Selfishness. |
| • _____.          | • _____.       |

**Right Belief:** My \_\_\_\_\_ overflows with love, significance and security in the Lord Jesus Christ. I don't need the approval and acceptance of others to have a God-given sense of self-worth. Therefore, I am free to communicate honestly and openly with others.

**BY-PRODUCTS OF THIS THINKING**

- **A heart** that can be honest before \_\_\_\_\_.
- **A heart** that can be honest with \_\_\_\_\_.
- **A heart** that can \_\_\_\_\_ the needs of others.
- **A heart** that can \_\_\_\_\_ God's love to others.

Romans 15:7**NEXT WEEK: STEPS TO SOLUTION**

