



CLM e-News
October 2006

Calvary Life Ministries

Giving You Hope, When Life Hurts



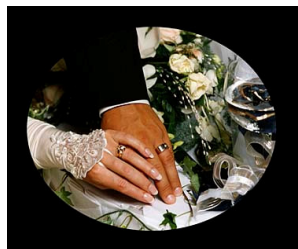
ANNOUNCEMENT / ONGOING EVENT



The Grief Support Group

(Venue: Calvary Life Ministries, Damansara Perdana; Date: 3rd Thursday of each month; Time: 7:30PM)

The Grief Support Group is a safe place for people to work through their grief with the support and companionship of others who are also on the same journey. This support group is open to any person who has experienced a loss. Come join us for a cup of coffee and a time of sharing on the third Thursday of every month. For more information about this support group, please visit our website at <http://www.clm.org.my/events/index.html> or call Jeannie at Tel: 03-77103360.



Pre-Marital Assessment

CLM is licensed to use **PREPARE**, a very well researched and internationally used tool in pre-marital assessment. A report detailing relationship strengths and potential areas of conflict is included in the feedback session. Further counselling with one of our counsellors is available, if necessary. To find out more about PREPARE, please give us a call.

JUST FACTS

Say What?

Effective communication isn't just about verbalising carefully, it's also about **listening accurately**. Listening strengthens a relationship by conveying a message of caring and respect. If your spouse has his head buried in the newspaper all the time while you're telling him about your day at work, who could blame you for feeling unimportant? So when your spouse wants to talk, do listen. Listen with your eyes, listen with your ears, listen with your body language, and listen by asking questions. Unclear messages can often be clarified by saying, "This is my understanding of what you mean...Is that correct?" This helps the speaker to feel heard and understood.

The second rule of communication is to **say what you mean**. If a wife says to her husband, "I don't feel well" and his response is "Oh, that's too bad" she may feel that he doesn't care enough to do something about it. Her spouse may then walk out the door having just murmured a few words of sympathy leaving her feeling unloved, unappreciated and resentful.

Perhaps she wanted him to drive her to the doctor or maybe she wanted him to help her out with the kids or with dinner. In that case it would have been far better for her to have said "I don't feel well. Do you think you could help me by fixing dinner tonight?" Or "Dear, I don't feel well. Do you think you could pick the kids up from school today?" Saying what you mean instead of expecting or hoping that people will read your unspoken expectations is an important step in learning to communicate effectively.

Good communication in a marriage is a skill that can be learnt. To be an effective communicator takes commitment, practice and patience. And don't forget a sense of humour!

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CONTACT US

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