

THE USO PRESENTS



A MONTHLY SERIES FOR MILITARY FAMILIES

You're Leaving... Again?

WITH MATT & CORIE WEATHERS



www.uso.org

You're Leaving... Again?

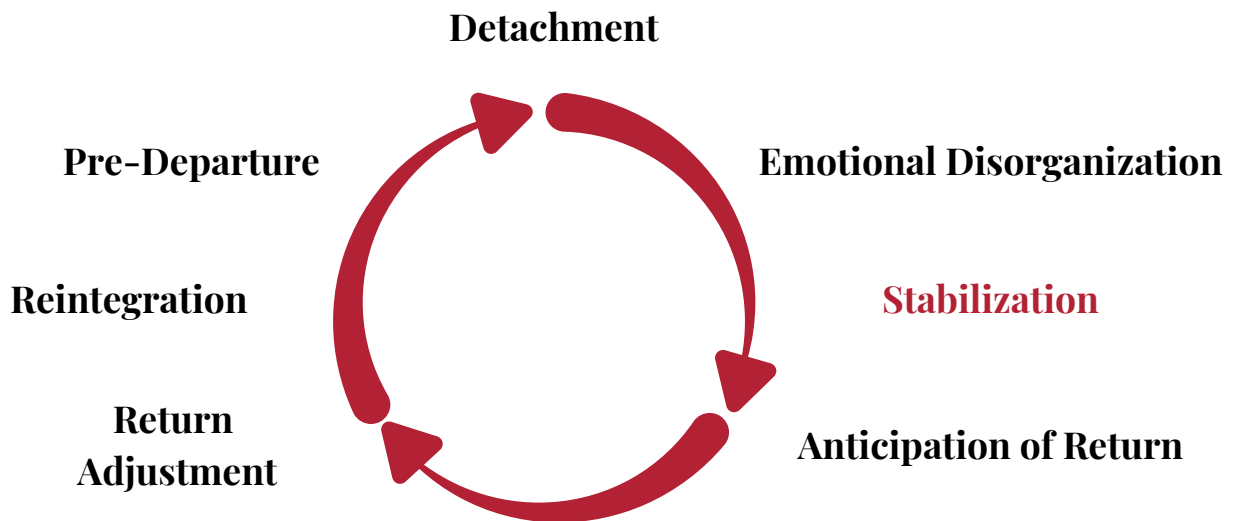
COMMUNICATION WITH
MATT & CORIE WEATHERS

Spending any time apart as a family can be difficult, but as a military family that happens more often than you would like. In fact, many military families spend almost half of their married time apart.

How do you keep a marriage and family strong despite the distance?

This series aims to answer that question. We believe that your relationship can not only stay connected, but it can actually grow and deepen even when you are apart. Whether you are going through a deployment, TDY, unaccompanied tour, temporary geo-batching situation, or other extended separation, this series is for you.

SEPARATION CYCLE- Finding a new pattern while living apart.



COMMUNICATION

"When a couple comes for counseling to increase their communication, what they are really seeking is less about words and more about connection."

~Corie Weathers



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THE TRUTH ABOUT HEALTHY MARRIAGES

THEY ARE NOT CONFLICT-FREE.

Healthy couples still have disagreements but are willing to learn from them.

THEY ARE NOT PERFECT, NOR IS THEIR MARRIAGE.

Healthy couples embrace the fact that they are both imperfect and know the value of grace and forgiveness.

THEY DID NOT ALWAYS START OFF AS HEALTHY.

Most couples start off with unhealthy expectations and poor communication but choose to grow together.

THEY HAVE HEALTHY BOUNDARIES.

A healthy marriage is not enmeshed but works to establish healthy rules and boundaries for their relationship.

THE TRUTH ABOUT COMMUNICATION

EVERYONE COMMUNICATES DIFFERENTLY.

Whether you are an introvert, extrovert, more verbal, or one of few words- everyone communicates something.

EVERYONE CAN COMMUNICATE.

We communicate through our senses. We also communicate non-verbally, verbally, and audibly. The question is, are you communicating WELL?

COMMUNICATION IS NOT ONLY ABOUT TALKING.

It is more about talking + listening + affirming what you HEARD.

IT IS NOT ONLY ABOUT HEARING WHAT WE WANT TO HEAR.

We must be open to hearing hard truth, accountability, and exercising humility. But it goes BOTH ways.



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UNHEALTHY COMMUNICATION

Passive Aggressive

Expressing aggressive feelings in an indirect way through passive resistance, rather than by openly confronting an issue.



Passive

Allowing your own rights to be violated by failing to express honest feelings, thoughts, and beliefs, or by expressing your thoughts and feelings in an apologetic manner that others can easily disregard.

Aggressive

Communicating in a demanding, abrasive, or hostile way. It is insensitive to others' rights, feelings and beliefs. The usual goals of aggression are domination and winning, forcing the other person to lose.

ASSERTIVE COMMUNICATION

Assertiveness is communicating and expressing your thoughts, feelings, and opinions in a way that makes your views and needs clearly understood by others, without putting down their thoughts, feelings, or opinions.

- Having dignity and self-respect
- Saying NO when justified without feeling guilty
- Expressing your feelings
- Asking for what you want directly
- Feeling good about yourself
- Being able to change your mind
- Negotiating and reaching compromises when conflict exists
- Being able to make mistakes



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QUESTIONS TO HELP YOU GET STARTED

1. What kind of UNHEALTHY communication do you gravitate towards in conflict? (Passive, Passive-aggressive, Aggressive)

2. Think of a topic (preferably not a hot topic) that you would like to communicate better about. See if you can identify the following:

a. My feelings: _____

b. My thoughts: _____

c. My opinions: _____

d. What do you need or want to ask for?

e. How can you word your request assertively while also respecting the feelings, rights, and opinions of your spouse?

3. Has your spouse asked you to make changes that are important to them that is difficult for you to hear? Is there a healthier way they could communicate what they are asking? Take a moment to try to reflect on what your spouse is trying to ask for.



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RESOURCES MENTIONED:

RESOURCES :

"The Lifegiver 5 Minute Check-in©" www.life-giver.org

Better Love Assessment

For Couples Only, Feldhahn

PODCAST EPISODES:

The Impact of Family Readiness on Marriage

Communicating Through Change/PCS

Addiction & Marriage

My Spouse Doesn't Care About My Feelings

Set Backs in Marriage

COUNSELING:

The Lifegiver Directory: (Military spouse, veteran, or culturally competent clinicians)

Lifegiver: Breathe life into your service family www.life-giver.org

OTHER RECOMMENDED RESOURCES:

Sacred Spaces: My Journey to the Heart of Military Marriage (Corie Weathers)

Lifegiver Podcast with Corie Weathers

