

## **Communication Channel**

(How we see, hear, say, feel things)

1. **When you play your favorite sport, what do you enjoy most?**
  - a. The look of the game, how you look playing it.
  - b. The sound of the game, the roar of the crowd; the bat hitting the ball, etc.
  - c. The feel of the game, holding the bat; kicking the ball.
  
2. **When your teacher gives you an assignment, you understand it best when...**
  - a. It is written on the board.
  - b. It is explained in words.
  - c. You see the purpose of it.
  
3. **When you have a problem do you...**
  - a. Write it down to figure out a solution?
  - b. Talk to another person so you can discuss the problem aloud?
  - c. Keep the problem inside and try to solve it by thinking about it for a while?
  
4. **Which group of items do you prefer?**
  - a. Photography: painting: reading; movies.
  - b. Music: wind chimes; wind whistling through the trees.
  - c. Playing sports; working with clay; swimming.
  
5. **When you do math problems, how do you make sure the answer is right?**
  - a. Look at the numbers to see if they look right.
  - b. Count in your head.
  - c. Use your fingers to count it out.
  
6. **When you spell words, how do you know if you have spelled the word right?**
  - a. Visualize the word in your mind.
  - b. Say the word aloud or hear it in your mind.
  - c. Get a feeling of the correct spelling.
  
7. **When you go to sleep at night, what is important?**
  - a. The room is dark.
  - b. The room is either quite or some type of noise.
  - c. The bed feels comfortable.
  
8. **Think about a vacation you took. What do you remember most about it?**
  - a. The way it looked; sunset, beautiful green trees, etc.
  - b. The way it sounded; ocean roaring, people talking; birds chirping, etc.
  - c. The feeling you had while you were there; warm, soft, sandy beaches, etc.

**CATEGORIES:** Add up your answers:

How many **A's**? \_\_\_\_\_ How many **B's**? \_\_\_\_\_ How many **C's**? \_\_\_\_\_  
Mostly A's = Visual (Seeing) Mostly B's = Audio (Hearing) Mostly C's = Kinesthetic(touch/feel)

## 17 "NEVERS" OF COMMUNICATION

1. Never raise your voice in your home - Pro. 15:1, "*A harsh word stirs up anger.*"
2. Never publicly embarrass your mate or partner.
3. Never argue in front of the children (*this will cause the children to disrespect the parents*).
4. Never use your children in the conflict (*children need the assurance that parents love each other and are able to resolve conflict*).
5. Never talk about your spouse outside your marriage (*in the sense to demean or criticize - you should have a close friend that will stand with you in prayer*).
6. Never use sex to win.
7. Never touch in anger.
8. Never call names.
9. Never get historical and call into account a wrong suffered.
10. Never stomp out. (*Passive aggressive*)
11. Never freeze your mate out. (*Silent Treatment*)
12. Never use the in-laws (*You're from evil seed*)
13. Never reason in the face of pain. (*If your spouse is ill or under the influence of chemicals or alcohol or overly tired*).
14. Never let the sun go down on your anger and give the devil an opportunity.
15. Never reverse an argument. (*Goal is resolution and not to win an argument*).
16. Never fail to listen to your mate.
17. Never harden yourself toward your spouse.