

Barriers to Communicating With Your Spouse

Communicating with your spouse can be difficult for many reasons. Below are four possible road blocks that need to be considered.

The first reason is the environment we grew up in. In other words, the most abusive people, statistically speaking, are those who have been abused. It's like we've been trained to do it by our upbringing.

How do you break this cycle of sin? First, you need to recognize it. Then ask God for forgiveness. Next, you need to forgive your parents or grandparents or the previous generations who have passed along that iniquity to you.

This is very important because when you break the cycle for you, you are also breaking it for your children and their children who are impacted by your behavior.

Dysfunctional communication can also result from unhealed hurts in our lives. Many of the emotional wounds we inflict on our spouse come from our own woundedness.

In these situations, we need to remember that Jesus is a healer, but he only heals in the light. We need to bring these wounds out of the darkness and into the light of Christ.

We need to come to Him and say, "Lord, I am hurt and I forgive the person who hurt me." Forgiveness is the key.

Many of these wounds can be deep and painful, and let's be honest, they may require some Christian counseling or discussions with a pastor before you are able to move past them. It's not easy.

But you need to begin the process. Otherwise, out of your own hurt, you will continue to inflict wounds on people you love.

A third reason we don't communicate well with our spouses is insecurity. We are all insecure. I don't think there's a human alive who isn't insecure about something. Insecurity can cause you to keep people from getting close to you.

A final reason is pride, an inflated sense of self. For the prideful, everything centers around us. The home, our relationships...it's all about me. Because pride will not admit weakness, it will not talk openly about problems. It will not admit dependence on God or anyone else.

As long as we are operating out of pride and self-interest, it will be difficult for us to communicate with our spouses in a healthy way. But the Apostle Paul writes that our attitude should be the same as that of Christ Jesus (Philippians 2:5). We should be humble. Pride says "I am the most important person in this relationship." Humility says, "You are more important than me."

To improve the way you communicate with your spouse, look hard at your own life. Break the bonds of generational sin. Seek healing for your wounds. Let go of your insecurities, and work toward operating out of a position of humility instead of pride.

Blessings, Jimmy Evans