

Lesson 4 — Communication: The Oxygen of Marriage

Communication Is Like Oxygen for Marriage

Communication is what keeps a marriage alive. Most couples don't break up because they stop loving each other — they break up because they stop understanding each other. When communication becomes shallow, unfair, or hurtful, couples begin to feel alone even when they are together.

What Real Communication Looks Like

Real communication isn't just talking — it's:

- **Honest without attacking**
- **Listening without defending**
- **Responding gently**
- **Curious instead of making assumptions**

When one person feels unheard or misunderstood, emotional distance starts. That kind of distance makes disagreements feel scary or threatening.

Using Love Languages to Understand Each Other

A book by Dr. Gary Chapman says that people “speak different emotional languages”. If you communicate in a way your spouse doesn't understand, your message can get lost, causing fights or hurt feelings.

It explains five communication styles connected to the 5 Love Languages:

1. **Words of Affirmation** — saying things that encourage and support
2. **Quality Time** — giving full attention without distractions like phones
3. **Receiving Gifts** — little thoughtful things that show you care

4. **Acts of Service** — helping with tasks to show you love them
5. **Physical Touch** — hugs or holding hands that build connection

Better Skills to Communicate

Three key skills:

- **Speak from your heart instead of from anger**
- **Validate your spouse's feelings before defending yourself**
- **Ask questions out of curiosity instead of assuming**

Here's a simple way to talk about feelings clearly:

"When you ____, I feel ____ because _____. What I need is _____."

Your Homework (This One Changes Everything)

STEP 1 — Identify each other's love languages

Dr. Chapman's website has a section with [a quiz to help you understand your spouse's love language.](#)

STEP 2 — Each spouse asks the other:

"What's one way I can communicate better with you this week?"

STEP 3 — Evening Check-in (5 minutes)

Ask each night:

- "Did you feel heard today?"
- "Did anything I said come out wrong?"
- "Do you feel close to me right now?"

This resets your connection daily.

Closing Thought

Communication is not a skill you master once. It is something you practice daily because you value the heart of the person you married.

You can rebuild emotional closeness faster than you think—
not by talking more, but by communicating in a way your spouse can
finally understand.



If something in this helped you see your marriage—or yourself—more
clearly, you're welcome to message me and let me know. There's no
pressure to have results or answers. I simply appreciate hearing what
resonated. Peter Enns...aka marriageguy7 (on Instagram)

[Previous Lesson](#).....[Next Lesson](#)