



Part 2: Communicate To Connect

Introduction

The quality of our relationships is directly correlated with the quality of our communication. But having good, quality communication can be incredibly challenging. Even though we often know what to do, we often struggle to navigate our communication gaps well.

Notable Quote: "If you want to connect at a heart level, communicate at a heart level."

Let's Talk About It

- What's a song lyric you were convinced you knew but later turned out you'd been singing the wrong lyric?
- How have you seen the power of words significantly impact your life, in either positive or negative ways?
- Read Luke 6:43-45. What stands out to you from the passage?
 - a. How do you feel about what is currently flowing out of your heart?
 - b. What sort of tree would you be based on what's currently flowing out of your heart?
- When you're emotionally triggered by someone you care about, how do you usually react? Do you fight, flee, freeze, or fawn?
- In order to address what's in our heart, we need to know what's in our heart. What's your core desire? If you haven't already this is a great opportunity to take the quiz we mentioned together as a group: <https://www.primalquestion.com/assessment-page>
 - a. Does anything surprise you about your core question?
 - b. Does knowing your core question help you break the conflict cycle?
- What would it look like for you to be vulnerable to help break your conflict cycle?

This Week

Our love handle this week is "communicate to connect." Think about how you communicate with compassion and curiosity. In what situations do you do this well? In what situations could you work on communicating with these components?