PILLOW TALK
COMPANION GUIDE

Chapter 2 | Communication Talk

Key Takeaway

Healthy communication means listening well, speaking life, and helping each other feel seen, heard, and valued. **We live in the world our words create.**

Lesson Summary

Every marriage develops its own communication culture. **How you speak, listen, respond, and handle conflict can build connection or create distance.** You and your spouse may communicate differently, and that's okay. Healthy communication begins when we're quick to listen, intentional with our words, and willing to respond rather than react. When we listen to understand, speak life, and handle conflict with grace, our conversations strengthen our marriage. Your words can become bridges that bring you closer or ditches that create distance.

Discuss Together

1) How has the way you grew up shaped how you communicate today?
2) What type of communicator are you, and how does your spouse communicate?
3) What communication habit could you change to help your spouse feel heard?

Continue the Journey

The video and companion guide introduce the conversation—but there's so much more to discover. The Pillow Talk book includes the full chapter, biblical principles, heartfelt personal. Grab your book today at Pillowtalkmarriage.com

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