Why do men and women often feel that they are speaking different languages to each other? Well often, they are!

**Nobody’s lives just fit together. You have to work at it.** You chose whether you have a happy marriage/relationship and if you’re both willing to work at it.

Communication will make or break a relationship. So if you’re sitting there agreeing with me, but scratching your head as to how that can happen, then ponder the following.

THE HAPPIEST RELATIONSHIPS LEARN TO EMBRACE THE FOLLOWING DIFFERENCES:

#1. **Women use non-verbal language whilst men prefer information to be spoken directly to them.** Men do not like guessing games. Because women use non-verbal communication (crossed arms, rolling eyes, sighing, pointed looks etc) more than men do they may have to realise that if they want to get their message across, they will have more success if they just try verbalising it.

#2. **Women enjoy details. Most men are happy with the headlines.** A man will tell you that your friend had a baby and he will often believe that he has delivered the required information. Whereas the woman receiving the information will want details- What’s the child’s name? How is the mother? How big is the baby? Women need the headline and the story to feel satisfied with the conversation. Often men get annoyed with women asking questions. They feel it’s an intrusion, but a woman’s questions should be telling a man that she is trying to get the whole picture formed in her mind. She cannot be content with just a part of the picture.

#3. **A women’s brain has been described as having 20 different computer files open all at once. Men only have one or two open at a time.** This is why women can multitask so well and jump from one task or conversation to another, often overlapping. Have you ever wondered how a woman can be on the phone and computer whilst yelling at the dog and still see her child get hurt in the back yard? Her brain is hard wired to tackle life all at once!

Where as a man’s brain is more tunnel vision. He is focused. Interrupting his focus to suddenly jump to something new can frustrate him. One brain compartment has to be closed before another can be open. Because of this he can easily get into the ‘zone’ and switch off to everything around him. Men can also access what is known as the ‘Nothing’ box and can go straight to sleep or tune completely out of a conversation. It does not mean they are dim witted, but rather they have the ability to select what they give their attention to and switch off the distractions.

**In their effort to communicate with each other, men and women need to meet in the middle. Understanding each other’s communication needs is the start.**

Taken from a seminar by Erica Grace entitled ‘Family Matters’. -Shelley Davis, Flowerdale P.S. School Chaplain