

## QC0048SN - The List - Communicate Poorly...or Not At All

Today, we are continuing our series called "The List." Which refers to a list of ways you can lose your marriage. It's based on information gleaned from over 20 years of counseling records and over 2 years of watching some marriages fail.

And today's episode deals with something we've all heard before, but still have problems with...COMMUNICATION. If you want to risk losing your marriage, then communicate poorly...or not at all.

Communication issues are so common in a marriage they border on cliché. And that's ironic, considering we spend the first part of our life learning to communicate. But somewhere along the line, we begin to let all of that slide as if we've got it down.

In this episode you'll find out why good communication is so important, why we tend to let it slide, and what we can do about it.

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