**NAME: ROMAR S. MELANCOLICO DATE: FEBRUARY 17, 2023**

**NETWORK: MORE THAN CONQUERORS NETWORK LEADER: DONMARK MOISES**

**LESSON #: 9 TOPIC: STRENGTHENING COMMUNICATION IN  
 YOU MARRIAGE**

**Reflection Questions:**

1. **What steps are you going to take to strengthen communication?**
2. **In which areas do you need to improve your communication?**

It is really important to have a good communication with my wife. And this communication needs to strengthen every now and then. To strengthen my communication with my wife, I need to be more open to my feelings. I need to share more often regarding my day. I can also strengthen my communication with my wife; I will ask her about his day. I also share to her what are my plans for the week or for the month, and ask for her opinion.

One of the areas that I want to improve is when my wife is mad at me. I am really having a hard time communicating with if she is mad. When she is mad, I’ll keep myself silent. I easily give up when I try to speak to hear. But I need to change that.