

REUNION TIMES



ISSUE FIVE

USAREUR MINISTRY TEAM

OEF/OIF

SENSITIVITY

sen-si-tive

Function: adjective

\Sen'si*tive\, a. [F. sensitif] 1. Having sense of feeling; possessing or exhibiting the capacity of receiving impressions from external objects; as, a sensitive soul.

2. Having quick and acute sensibility, either to the action of external objects, or to impressions upon the mind and feelings; highly susceptible; easily and acutely affected.

3. (a) Having a capacity of being easily affected or moved; as, a sensitive thermometer; sensitive scales. (b) Readily affected or changed by certain appropriate agents;

4. **Calling for tact, care, or caution in treatment**

5. Serving to affect the sense; sensible.

Defining the word SENSITIVE is easy. Of the many different definitions of the word, it is definition 4 that we address here. Good relationships are enhanced when we treat one another with tact and care. Often one who is calloused, cold, and indifferent towards others has a lot of unmet "ego needs". We often hear the phrase, "it's all about me, me, ME!" Insensitivity can cause real difficulty in family relationships. In this issue of REUNION TIMES we will look at how sensitivity impacts on you and others.

INSIDE THIS ISSUE:

- | | |
|---|------------------------|
| 1 | Sensitivity |
| 2 | Self / Other Awareness |

NEXT ISSUE:

HONESTY



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E-mail: randy@glasbergen.com

"You don't look anything like the long haired, skinny kid I married 25 years ago. I need a DNA sample to make sure it's still you."

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DOs and DON'Ts

- Never joke at your partner's expense
- When disagreeing, never attack self-esteem of your partner
- View issue from your partner's perspective
- Be willing to compromise or meet halfway on issues
- Agree to disagree on some issues without anger
- Never compare your spouse or your marriage to another negatively
- Seek out marriage mentors, a couple that demonstrates a healthy relationship and learn what makes the "tick" so well

On a scale of one to ten, how sensitive are you?

1 2 3 4 5 6 7 8 9 10
LOW MIDDLE HIGH



SOME COWBOY LEARNIN' FROM Texas "Bix" Bender

There's two theories to arguin' with a woman.
Neither one works.

If you get to thinkin' you're a person of some
influence, try orderin'
somebody else's dog around

Lettin' the cat outta the bag is a whole lot
easier 'n puttin' it back.

Never miss a good chance to shut up.

When you give a lesson in meanness to a
critter or a person, don't be surprised if they
learn their lesson.

If you find yourself in a hole the first thing to
do is stop diggin'.

Make apologies, not excuses.

Don't let your yearnin's get ahead of your
earnin's.

Water and truth are the freshest at their
source.

Brace your backbone and forget your
wishbone.

If you climb into the saddle, be ready for the
ride.

From "A Cowboy's Guide to Life"



SELF and OTHER AWARENESS

Years ago, I was part of a workshop on Couples Communication. I recall a discussion on the four styles of communication. I had never thought about "styles" of communication before but the things I learned have helped me understand people a bit better. The styles were:

CHIT CHAT – An informal, friendly style that addresses no serious issues and requires very little investment in relationship. It is the cocktail party conversation, bus or plane passenger chat, the "how-was-your-day-dear" talk that keeps things friendly and light.

INFORMATIONAL/INSTRUCTIONAL – A style characterized by exchange of data and information. This style can be formal or informal and requires little emotional investment. Teachers, trainers, and newscasters use this as their primary style of communication.

DIRECTIVE/COERCIVE – A style that is corrective and/or directive in nature seeks to change another person's action or behavior or thinking. A parent to a child uses this style frequently. Scolding, praising, and complimenting are directive. Sometimes there is high emotional investment in this style.

SELF/OTHER AWARENESS – This style takes into account what you see and hear, what you think, what you feel, and what you intend to do regarding an issue. That is the SELF part. It also takes into account your partner's sensing, thinking, feeling, and intent. This style involves much effort and energy and requires sensitivity and careful listening.

Now, all of these styles are needed daily. They are good and useful. However, when handling serious issues between husband and wife or children, the most effective style of communication is the SELF/OTHER AWARENESS Style. But it is also the most work.

Ch (LTC) Eric Erkinen