

FamilyLife Blended® Radio Transcript

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Marriage: Video Selfie

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Ron: Okay everyone. It's time for a video selfie.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: Have you ever heard the statistic that only 7% of communication is words and the rest is non-verbal communication? You see, how we say something matters. It really matters. Now here's my challenge. You probably have a video recording feature on your smartphone, right? Well, the next time you're upset with your spouse or your children...anyone—record yourself.

You see, here's the thing. Most of us underestimate what our tone of voice and body language really communicate. Oh, we know what we said, but we don't realize what the real message was. It'll take some courage...to play back your video selfie. But it might just mature how you love. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife, of Little Rock.

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