**DESTINY CHRISTIAN IHEJIKA**

**Assignment 1**

(1) **10 reasons for attending family counseling**

**training**

1. To gain a better way to relate and to resolve different life issues.
2. To gain communication skills
3. To become a certified counselor.
4. Because I want to help many wounded marriages.
5. Because I want to leave a legacy for the coming generation
6. To achieve enablement in order to fulfill my divine assignment achievably.
7. To acquire the necessary wisdom for effective marriage
8. To gain the necessary knowledge that will enable peace in my family
9. To improve the quality of my service to humanity

Assignment 3

Q1. Write 10 example communication skills learned

1. Don't talk too much.
2. Make your word timely and appropriate.
3. Don’t talk to seriously or harshly.
4. Speak the truth.
5. Listen before you speak.
6. Listen to the counsel of others.
7. Be responsive.
8. Be clear and audible.
9. Say what people need to hear not just what they want.
10. Weigh your word -think before you speak --pro 12: 8 reckless words pierce like a sword.

Q2. states how to use scripture to help us get out of stop communication problems.

You must learn to maximize the creator's Manuel, acquire the wisdom for a peaceful home to stop conflict in marriage, The couples must learn to study the manual together, for it helps them to communicate better, therefore as a couple you must learn to

(a) put your marriage before any other thing mark 1 vs 9.

(b) understand the purpose of marriage Genesis 18 verse 25 .

(C) keep your tongue from evil and your lips from speaking lies psalms 34 verse 13.

(D) a gentle answer turns away wrath but a harsh word stirs up anger ,pro 15 verse 1 .

(E) practice the act of listening John 1verse 9.

(F) the scripture says he who guards his mouth and his tongue keeps himself from calamity (prov 21 verse 23 .