

Chapter 1 : Communication Skills In Marriage

Good and Bad Communication: 9 Ways to Resolve Conflict in Marriage My husband and I took a cruise for our honeymoon. During one of the shows, they brought a couple up on stage who had been married over 50 years.

Working together in a business environment can be very different from being together at home. Personal issues can leak into the workplace. Conflicts will arise, but smart spouses will work together to resolve them and focus on what is best for the business. Define roles, set responsibilities and keep communication open.

Personal Issues Marital conflicts can bleed over from personal lives into the office. Resentment over who has to do the dishes or who needs to get the kids to soccer practice can emerge over the course of a workday. Spouses in business together need to agree from the start to leave home issues at home and focus on the business during work time. The opposite is also true. Try to leave work issues at the office and focus on personal and family time at home. This is one way of maintaining a balance in life, work and relationships. This is particularly an issue with spouses that are co-owners that need to come together to make important business decisions. One may be better at marketing and greeting customers while the other may be stronger in dealing with internal operations. Sit down and have a planning session where duties are split. Decide who has the final decision for certain parts of the business and what types of decisions need to have a consensus.

Direction Disagreements can arise over the direction of a business. This comes down to setting short- and long-term goals, and working out a game plan to achieve them. Each person may have different concepts of what they would like to achieve with the business. Sit down to have regular planning sessions where each person articulates goals involving profit, growth and future projects. Come to an agreement on what goals are most important and what role each partner will play in reaching them.

Workplace Space Couples that are married and that work together need to be aware of personal and work space issues. Sharing an office space can require too much together time and nerves may become frayed. This is especially important if the partners have different working styles. One may work best in a quiet calm atmosphere while the other may prefer listening to the radio or working in a more kinetic environment. Conflicts involving work space can be a drag on productivity for both parties. Stake out your own individual work space and customize it to meet your needs and working style.

Communication Workplace conflict between spouses generally boils down to a lack of good communication. Fortunately, good communication skills are beneficial in business and marriage. Treat your spouse with respect as a business partner. Develop methods that you can both use to resolve conflicts. For example, decide ahead of time what financial resources you are willing to put into the business. Consider whether you are both prepared to leverage the equity in your home to finance the business, or whether would one of you prefer to deal only with outside funding sources. Good communication also requires good listening. Ask questions and make sure that each spouse understands what the other is trying to convey.

Chapter 2 : Marriage Communication: 3 Common Mistakes and How To Fix Them

Good communication is the foundation of a strong marriage. Many marriages could be saved if spouses improved the ways they communicate with each other.

Without this skill, a person is handicapped in an intimate relationship. Without being able to express themselves and listen to another, partners cannot achieve intimacy. By developing your communication skills, you and your partner will be able to establish and preserve a loving, respectful relationship between two people who love each other.

The Purpose of Communication in Relationships One of the biggest problems in communicating is that most couples have a basic misconception of what the purpose of communication is. Most approach talking with a partner as a debate in which each presents a preconceived version of the reality of what is going on between the two partners. The fault with this approach is the mistaken assumption that either partner can go into the conversation with an accurate perception of reality. This is not possible because neither person has the necessary information to determine what reality is, that is: One purpose of communication is to determine what reality is. Communication involves the collaboration of two people as they share and examine all of their perceptions, feelings, ideas and thoughts to come to an accurate understanding of what is happening.

Collaborative Communication Everyone knows that communication is simply a matter of talking and listening. However, most of us mistakenly believe that the matter of communicating is simple. We fail to realize that rather than involving innate abilities, communication involves specific skills can be learned and developed in ourselves in order to talk with and listen to our loved ones.

Approaching a conversation with your partner Step 2: Talking to your partner Step 3: Listening to your partner Step 4: Determining reality with your partner Step 1: Approaching a Conversation with Your Relationship Partner Rule 1 to follow when going into a conversation with your partner: That is, give up the need to be right!! You are not going into a battle that you have to win. This is not to say that you will have to compromise or capitulate. You have a right to all of your thoughts and feelings. Just consider that your partner may have something to say that is worth listening to and considering. This conversation is not a battleground where you must prove that you are right; it is not a fight that you must win. Talking to Your Relationship Partner Going into a conversation, there is only one reality that a person can be sure of: You can be sure of nothing else: The only thing that you and your partner each needs to bring to the conversation is something that each of you can be sure of: However, talking personally about yourself is often more challenging than you might think. It is an unfortunate reality that, within almost all couples, one person is victimized by the other. As a result, the focus of many of their discussions is on blaming each other. In your effort to talk about yourself, avoid the temptation to lapse into attacking, accusing, criticizing or blaming your partner. You are here to talk about you. Not about your partner or the kids or work or your friends. What would you say about yourself? Look at your partner and think of what you could reveal about yourself to him-her at this moment. Reveal feelings that are embarrassing or humiliating. It is important to recognize your irrational feelings. Make an effort to talk about the feelings that you would much rather skip over. The feelings that you fear will cause you embarrassment or humiliation should you disclose them. For example, if you feel hurt or disappointed discuss these feelings with your partner. Avoid the temptation to defend yourself by becoming victimized and righteous. It is just about the simple truth that you are hurt or disappointed, and that it is causing you emotional pain. Reveal your personal wants. People often feel embarrassed to talk about what they want. Not the easy wants: I want to go to that new restaurant, I want a new jacket, I want to go on a trip. But the personal wants that come from deep down in you where you feel the most vulnerable: I want you to complement me, I want to be affectionate with you, I want to have a baby with you. Many of us have grown up feeling ashamed of our wants. However, the more that you communicate on this level, the more in touch with yourself you will be—the more authentic you will be as a person—the closer your partner will be able to feel to you. When you and your partner communicate on this personal level, many of the trivial issues between you vanish. It becomes apparent that they were merely inconsequential issues meant to distract you in your relationship. Finally, talk to your partner with the decency and respect with which you talk to anyone

else. Most people have a special way of communicating that they reserve for their partners. What makes it special is that it includes abusive behaviors such as: When you are talking with your partner, stop and ask yourself: Try to treat your partner with the respect and decency with which you treat any other person. Listening to Your Relationship Partner Going into a conversation, you have very little awareness of what your partner really thinks and feels. You may think you do because you recognize an expression that he-she always gets when he-she is hurt. Or you might have even exchanged some heated words. But until you have listened to your partner, you know almost nothing. Listening is a skill that needs to be learned and developed. Just because we hear does not mean that we are listening. Only when we listen with an unconditional interest in understanding the person who is talking to us, can we truly get to know that person. Listening is not about you. Listening is entirely about the person you are listening to. Put aside your point of view. Your thoughts, opinions or reactions to what the other person is saying are both irrelevant and inappropriate. The person talking is not looking to you for advice or guidance. What they truly need is to be heard so that they feel that they are being seen. Hear your partner out. When you put yourself aside, that is when you focus on what your partner is saying rather than on how you are reacting, you are making yourself available to listen to your partner. As your partner talks, try to sense what it feels like to be him-her. Try to feel what your partner is experiencing. Listen with your heart. When he-she relates an incident to you, try to feel how he-she felt in the situation. Make a special effort to empathize with what your partner is currently feeling while talking with you. It is not enough to listen silently. It is helpful to indicate to your partner that you are hearing him-her. During your conversation, reflect what your partner is saying and feeling. Repeat to him-her what you hear him-her saying and what you feel him-her feeling. If your reflection is not accurate, your partner can correct you. You can then make adjustments until you have a true understanding of what your partner is trying to communicate to you. Reflecting lets your partner know that he-she is being heard, which makes him-her feeling seen by you. Have compassion for your partner. As you listen to your partner with empathy and feel what he-she feels, you gain compassion for him-her as a person. You feel for him-her as a human being with personal pain and struggles like the rest of us. You gain a new perspective. Giving advice or being judgmental suddenly seems condescending and patronizing. Acting hurt or victimized suddenly seems childish and self-indulgent. From this perspective, you see your partner as a separate person who you care about deeply as he-she deals with his-her own issues in life. Determine Reality with Your Relationship Partner In the process of talking personally about yourself as your partner truly listened, it is likely that you both came to a deeper understanding of what you were experiencing and feeling. This level of insight and understanding along with the feelings of empathy and compassion that accompany it, help clarify much of the confusion that exists within the couple. The deeper awareness of each other eliminates many of the misconceptions, misinterpretations and miscommunications that go into creating this confusion. What remains is a clearer picture of yourselves and of the reality of your relationship. At this point in the conversation, you and your partner may want to review what you have learned about yourselves and each other and about your relationship. By discussing what you have learned, you can identify the personal issues and reactions that tend to lead to trouble between you. You will now know what to look out for to avoid trouble in the future. And if you do get into trouble with each other, you can recognize what is happening and deal with it more quickly. Helpful Advice about Communication There are several negative forms of communication to be aware of.

Chapter 3 : Marriage Communication

For example, your husband really can't do anything about his snoring, so don't complain. so they'll be even less motivated to resolve the issue. Effective communication in a relationship.

WE Misunderstandings, differences, disputes, in life partners, husband wife -spouses couples, OR significant others: Often tender bonds between life partners, couples, husband-wife -spouses or significant others become weaker due to following reasons. When you feel misunderstood or you are being taken advantage of in your relationship. Lack of accordance with your partner. Your partner dominates you at all the time. If you feel that whatever you say is misinterpreted and not taken as you meant it. You find yourself weak and impotent while confront your partner. You suspects character or moral of your partner, knowingly or unknowingly. Aversion to have sexual relations with your partner. You have a fear that your significant other is being disloyal, deceptive or misleading you. Either your partner or you or both of you find jealous, malice, hatred or envy for each other. Certain pressure or obligation makes you speechless before your partner. You find yourself weak in communication and often get the wrong impression when you try to communicate with your partner or colleague. You find your relations are worsened and surplus of fighting over the period. Following are the probabilities of how those misunderstandings, differences, disputes, in life partners, husband wife -spouses couples, OR significant others would end: A person preferring adjustable nature believes that, if you want a relationship to endure and nourish, you have to give in and act as if that your better half is "absolutely right! Persistent misunderstandings between couples leads to psychological separation and ultimately divorce. Disturbances in the thought field mental make-up cause imbalance in the energy system, which triggers a sequence of physiological activities body that culminates in ill-health or unhealthy body and mind condition. Years of increasing stress, frustration, distrust, declining respect, ineffective communication, and disillusionments between mates debilitate tender marriage bonds. Pre-divorce period also include attempts to heal the marriage with various remedies, including counseling. Seeing a counselor about relationship definitely has its benefits. A counselor can sometimes help both partners to identify the situations that have caused misunderstanding and disagreements and ask them to modify their thinking processes. Either of the partner might also be reluctant to go with other, making it a one-sided intervention offering little real help in changing the relationship for the better. Sometimes the problem with counseling is that it is often a long, costly and painful process and sometimes creates a dependent relationship with the counselor. Once again, unless both partners are willing to attend and take responsibility for change, the success rate can be disappointing. This phase ends with one mate moving out or calling a lawyer. The psychological impacts of divorce can result in a new sequel of unwise future remarriage and stepfamily decisions. In early stages, one can overcome frequent recurrences of misunderstandings and prestige issues by re-shaping his or her behavioral traits causing such problems and get rid of the causes of unnecessary fighting and misunderstandings. Co-relation between our Innate Negative emotions and those misunderstandings, differences, disputes, in life partners, husband wife -spouses couples, OR significant others. Often the causes of "Differences between partners, couples, husband wife spouses or significant others" are more mental than physical. A bad relationship, ego, arrogance, unnecessary pride, poor self image, a history of abuse, stress, frustration and many other factors can change your overall attitude towards life which may directly impede your overall performance. Such tendencies are deep-rooted in mind and nurtured by excessive Negative Emotions. It is needless to mention that these negative emotions are tremendously powerful. They can debilitate lives extremely quick by causing disparity in energy system, which triggers a sequence of emotional imbalance i. Lessen " Negative Emotions " in psyche. For correcting "emotional imbalance" we offer personalized consultation. Through this online consultation, we thoroughly analyze your overall nature, your general attitude towards life with the help of our specially-designed simple online survey and then recommend a proprietary plan of Bach flower essences -a course of natural homeopathic remedies- customized to your unique health needs. This prescription-like essence plan consists of a list of selective Bach remedies -available worldwide along with their efficacious combinations, especially tailored to your unique personality. We send

you this simple course via email. This consultation program is specially developed and designed for Internet users! It contains a list of personalized essences, recommended efficacious combinations, dosage schedule and some simple norms along with basic instructions, suggestions, guidelines and expertise; means everything that you need to know to get started, run and maintain the essence program. This novel concept is highly acclaimed by our worldwide clients. This revolutionary essence program is based on the principles of Bach Flower Therapy, discovered by Dr. Edward Bach between 1921 and 1938. It is not intended to treat, diagnose or cure any illness or disease as on the lines of modern medical science, rather it offers a simple system of eliminating behavioral negativities by taking into account your overall nature, personality traits and attitude towards life -irrespective of your disease or ill-health condition. Reigning behavioral negativities --like frustration, guilty feeling or jealousy-- which accumulate at the core of our psyche over a duration of time --as in the form of "negative emotions"-- and incessantly make us "emotionally imbalanced", are considered to be the root cause of all our sufferings. According to Bach Flower Therapy, often any ailment or ill-health condition --at most of the time and in majority of the cases-- is the result or expression of persistent "emotional imbalance" that takes place at the core of your psyche and persists over a period of time due to gradual accumulation of numerous Negative Emotions , those originates either from your mind itself or from your surrounding circumstances. As soon as your mental state improves the physical trouble disappears. Therefore a person --which implies his overall nature, his general attitude towards life and his inimitable surrounding circumstances-- is more important than his disease or ill-health condition. Compare our service with our competitors. Due to worldwide availability of the Bach Flower essences, the suggested selective essences can be purchased at any place from any homeo-pharmacy or health food store. Anyone can purchase them freely without having a prescription for it. Bach remedies are colorless, tasteless and odorless in nature. Why Should I purchase the essences separately? Under our professional guidance, you can easily make your doses even without having a knowledge of Bach Flower Therapy and essences. Simply prepare the doses as advised, take them regularly and forget all your worries, tensions and sufferings! Personalized essence combinations tailored to your health needs will tune to your psyche and act delicately on your innate nature, mold your innate nature gradually, and synchronize your self-energy in a manner to dominate the life situations. Within four weeks you can see improvements. Personalized formulations of natural Bach remedies can significantly improve your will-power, power or resistance, endurance limits, courage, faith and hope. They act gently on your mind tapping your natural ability to release negative emotions and restore well being that was previously within you! Over the time, you will find that all areas of your life have been radically improved. Bach Flower Therapy does not demand any special diet or regimen and never creates dependent relationship on it. It has No known side effects since its invention. Moreover, it is compatible with all lifestyles, treatment modalities and diet plans. Children to older adults, anyone can employ it, without having to learn Bach Flower Therapy Backed by the powerful concept of Bach Flower Therapy , our Online Consultation is trusted worldwide for its simplicity, efficiency, and noticeable results. The results will often seem pretty miraculous and far beyond than you could ever achieve with any other tool or training available today for eliminating behavioral negativities from the core of psyche. We guarantee you the Complete Privacy and Confidentiality along with the best possible service! So get ready to shape your innate nature in accordance with your existing circumstances and surrounding conditions.. Before you order the essence program do not forget to read the General Instructions where you will find some important guidelines to enhance your performance.

Chapter 4 : How to Communicate in a Relationship: Communication Between Couples

Communication issues may potentially develop in any circumstance or social relationship. It can be easy for individuals to misunderstand or misinterpret others, and these misunderstandings may.

Lack of communication can wreck a marital relationship. Too many expectations from your spouse can be disappointing. Everytime you two have an argument, do not jump to conclusions. Compromise is the key to a healthy and happy marriage. The essential problem which makes the relationship between a husband and wife turn for the worse is lack of communication. The relationship problems between husband and wife can be seen in the light of the following relationship complications: Too many expectationsâ€” You cultivate too many unreasonable expectations from your spouse which are all set to be doomed. Nobody is perfect, so why expect your life partner to be so. You should think highly of your spouse but they are human with their own tendencies to make a mistake. Try to avoid keeping your expectations too high. Conflictsâ€” Do not jump into conclusions about the relationship every time you have a conflict. There are ways to resolve it, and the best of which is allowing time to pass. Time will heal, and of course the having good positive conversation too. If you always felt that you were right, that is just the proof to show that you were wrong. Your spouse may have been responsible to start a fight, but you are responsible for your reaction. Not willing to compromise is one of the most prominent causes of conflicts between husband and wife. It affects the relationship in a major way. The distance men can create by this often turns out to be irresolvable. Time spent togetherâ€” This is one of the critical factors in the success of a husband-wife relationship. You need to balance between the time spent with your partner, and the time you need to spend alone. If your partner enjoys more time with you, make sure you give him or her that. There should be a mutual agreement on this important issue. Regardless of what you perceive to be the problem â€” money constraints, disturbing behaviour, feeling let down as the expectations have not been met, or any other. If you fail to communicate, it will be the start of the rut, and if you continue to be in the same frame of mind, dealing with the problem would not be easy. Read more articles on Relationships.

Chapter 5 : Relationship Problems between Husband and Wife | Relationships

Let's look, then, at God's design for effective communication and conflict resolution in marriage. Biblical Principles First, let's reflect on the Biblical principles.

When husband and wife cannot communicate, a huge dam is built stopping the flow of water. This causes everything around them to suffer and slowly die. Seeds that were once planted cannot grow and both spouses develop a strong inward thirst for their unmet needs, eventually causing multiple cracks throughout the relationship. Many promising marriages have fallen into ruin simply because of a lack of communication. Communication Breakdown Although we speak with people everyday, true communication is an entirely more personal and dynamic event that is critical for growth in Relationships and understanding. Men and women inherently communicate differently, so it should be no surprise when communication challenges arise between couples. Since effective communication is essential to moving ahead in life, when there are problems relating to each other, it can prove extremely detrimental to any relationship. We must not only give what we have; we must also give what we are. Communication is a huge word, and while we may all understand what it means, we so often completely fail in understanding its process and raw power to influence radical change in all areas of life. It is striking that so many marriages completely end on this one component alone. Both spouses may love each other dearly, but without proper communication, that love goes unnoticed and the result is often terrible and tragic. Understand, Not Understood Communication failure occurs when one person feels that they are not understood. We want to be understood Usually those reactions are negative and feed into the cycle of breakdown. Clearly, if we sought more to understand, rather than always seeking to be understood, a lot of arguing would cease and we would find that the cycle of endless hurt is broken. This means that over half of our communication is non-verbal. When communication between couples becomes strained or even nonexistent, the entire foundation of the relationship is affected. Learning to communicate so everyone involved feels heard is hard work and as the divorce rate shows, many couples are unable to reach this level of understanding and therefore issues are left unresolved and tension deepens leading to a lack of understanding and respect. Ultimately, this may lead to couples simply dissolving the relationship for lack of knowing how to fix the problems. While this may be a temporary solution to their problems, ultimately, they resurface in the next relationship. Communicating effectively is an art but it can be learned. Counseling gives you the tools to communicate successfully so you get what you need and everyone involved is happy. Why Is Communicating So Difficult? For the most part, communication breaks down when people fail to adequately say what and how they feel in a non-threatening manner. If we were all completely honest, which of course means being vulnerable, the majority of arguments and conflicts would not occur. As children, we go through experiences, good and bad, that ultimately affect how we communicate in the future. The term emotional baggage is often used to describe these attitudes we carry forward. If, for example, you grew up in a household with an angry parent that everyone constantly tried to avoid or soothe, you will likely carry this attitude into adulthood and when confrontation arises, whether real or perceived, you will either try to calm the situation or run from it. If your spouse says something you perceive to be heated, you will immediately revert back to this childhood memory and in turn, face your mate with your learned response. You will probably do whatever you can to avoid the subject and if your spouse, for instance, comes from a family where everyone accepts anger as a simple outpouring of emotion and nothing more, then the two of you may clash making resolution of issues a regular challenge. There have been many books written on the subject of gender communication and most of them conclude that men and women truly do think and feel differently. Men communicate in order to relay information. In general, they tend to talk more about topic do not require discussing and relating to feelings and emotions. Men are highly competitive and proverbial problem solvers. Men will often talk to solve problems. Conversely, women typically communicate to connect with others. They would rather talk about people than things and they relay feelings quite readily. Women are more relationship oriented in their speech than men. While not impossible, these differences provide a challenge for us to relate effectively to each other. Going into a relationship, we often have unrealistic expectations. Romantic novels and blockbuster movies

with the stunning, self-sufficient heroine finally getting her perfect, caring, sympathetic man are nothing like the real world. And when we are shocked back to reality during our first communication breakdown, we can feel cheated, disappointed, and often angry. Hurt feelings lead to irrational behavior and blaming, which of course, leads to further communication problems and eventual relationship troubles. Effective Communication is a Skill Communicating effectively with each other in a relationship does not come naturally! It may seem that way in the beginning, but as all couples know, once that honeymoon phase is over, the real challenge begins. It is dangerous to simply think that you can communicate effectively with your spouse on your own. Only through a joint commitment to build communication can greater understanding be reached. It is indeed a skill, and you will need to practice it in this journey of life Communication problems are like ticking time bombs. There are early warning signs that your relationship is in trouble however. If you and your partner have consistent unresolved arguments, if either of you is unhappy most of the time or you find you are no longer doing things together, you should talk to a counselor. If you are constantly tired, depressed, distracted at work, or you just feel like you argue about everything, counseling can help. If the relationship has gotten to the point where there is physical or emotional abuse however, you need to take immediate steps to get outside help. The sooner you address these communications problems, the better off your relationship will be offering each of you the opportunity to have your needs met in the relationship. Effective communication between the sexes is not something we automatically know how to do; we have to learn this skill. Counseling can teach us effective ways to not only communicate with our spouse but also with other people in our life so everyone feels heard and understanding deepens resulting in greater enjoyment in our relationship. Building Effective Communication Skills in Counselling At Theravive, we are committed to working with couples to develop healthy communication styles and improving how each person relates within the relationship. While couples may come to counseling to address a specific topic that is causing tension or fights, your counsellor does more than simply help resolve an issue or disagreement. We want to see you able to develop the communication skills necessary to resolve fights on a regular basis whether it is a minor issue or a significant aspect of life. Learning these skills in counselling provides the couple the ability to move forward in their relationship without being dependant on counseling long term for their problem resolution. Counselling skills are taught through the use of exercises that create a fun environment for couples to relax and learn about how they communicate and how their style affects their spouse. Usually, these skills are taught in just a few sessions with couples practicing what they have learned during the week. Since our communication styles did not develop overnight, making lasting changes does require awareness and an effort to ensure positive change. With the help and support of your Theravive counselor, better understanding and greater intimacy in Relationships through effective communication is achievable. If you prefer face to face counseling, please use our therapist directory and find a city close to you with a therapist who can meet your needs.

Effective communication can help to significantly reduce fighting and avoid a great deal of conflicts, altogether. Here are some more tips on improving communication. Reply.

Though women often blame the men, could it be that the ladies are partly to blame for the communication breakdown? According to authors Nancy Cobb and Connie Grigsby, the fault does not lay with one gender or the other. Men and women simply communicate differently because their brains are wired differently. However, there are steps that women can take to improve communication with the men in their lives, if they are willing. In their book, *How to Get Your Husband to Listen to You*, the authors let women in on the secrets of communicating with men. Perhaps you are wondering why the authors feel women should be the ones to change. Women are wired in their brains to be more relational, and it is much easier for them to adapt their communication styles to various audiences. Females do this all the time, the authors say, when they talk with friends, children, and co-workers. And it makes for a much happier marriage. A big part of the problem, the authors say, is that women do not realize how different men are from their female friends. Once women understand and accept these differences, communication becomes much easier. Here are four tips from the book. This works with other women, but not with men. The girlfriend or sister will take it, understand it, run with it, and give her some feedback, exactly what she wanted to hear," Grigsby says. They can say yes or no. Constantly nagging husbands to do things will also produce undesirable results. The result is men that act cold and distant, not the long-term result that wives want. If women have to ask their husbands a second time to do something, Grigsby says, ask as if it is the first time. How many times does it take? The key to fostering good communication with men, and the key to warming their hearts, is respect. In fact, Scripture instructs women that it is their gentleness and reverence that may win a disobedient husband to the Lord. We need to start thinking just the very nature of the role they fulfill, which is husband, demands my respect. Failing to respect them is the quickest way to make them distance themselves from their wives. Her advice comes out of her own experiences. Grigsby says she had reached a breaking point in her marriage years ago. What needed to change most, Grigsby says she discovered, was herself. At the time, she felt that her husband was not giving as much as she was to the relationship. He just knew we were in a mess. I asked forgiveness for what I had done. I began to step out of my stubborn zone, and I began to invest in that marriage and in my husband. Want more tips for getting your husband to listen to you?