

Reflections

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Conjugal (Married) Dialog

To begin with, we have to distinguish between talking and dialoging. We all talk, exchange words, we touch on many topics. But this is still not dialog.

Dialog is something more profound, it is the personal meeting of two persons, it is an intimate giving and receiving. To dialog is to enter into communion with, it is to open one's heart to another person and to show him/her who I am on the inside.....my feelings, my hopes, my joys, my convictions.

What is intended with dialog is inner communication between the spouses, it is coming out of oneself in order to be there for You. And that being there for the other person is precisely what constitutes true love. Therefore, dialog is one of the best expressions of true love.

That inner communication emerges when both persons understand each other in depth, when a certain harmony exists between them. Therefore, dialog in marriage – more than a determined moment should come to be a permanent state, a communion which is nourished continuously.

Both spouses should then learn to protect their love by means of dialog. To believe that love maintains itself alone is ingenuousness, naivety. To believe that dialog does not need to be cultivated is recklessness.

In spite of all that has been said, we find today a great lack of communication in marriages, a great lack of conjugal/married dialog. The spouses close themselves up, they live a life of snails: before whatever problem or threat, they shut themselves up in themselves.

What are the motives, the causes for this lack of dialog? I want to name some causes.

The rhythm/pace of life. Something which conspires/plots against true dialog is the rhythm/pace of life which we experience today.

We are in such a hurry, and to dialog, time is needed, but there is no time or we do not make time. And the little time we have left over is probably devoured by television.

It is difficult to find time, and especially to find it at the moment when he/she needs me. It is only possible if I am disposed to renounce certain things when I see that he/she needs me, that he/she seeks my support and understanding.

Many have lost the meaning of dialog. Another thing, even more serious still. We live in an impersonal world which spins around things. Our consumer society! We talk, but we talk about things. Little or nothing is dialogued about what is personal, about what is inner/on the inside, about what is intimate for each one of us.

Psychological factors. Psychological factors also exist which make conjugal/married dialog difficult. For example, the male is – generally – less communicative by nature and prefers his peace above all else. When he arrives at home in the evening, he aspires for total tranquility. Therefore he tends to refuse to have anything to do with the problems of the home and finds refuge in silence.

Another factor which is an obstacle for dialog is **feminine sensitivity** which often ends in tears. Then the husband does not know what to do. If he continues the conversation, the tears come forth. If he stops, they also pour forth because the wife thinks he does not want to talk to her. In order not to provoke such a scene, the husband prefers to keep quiet.

A last psychological factor: **the fear of giving in.** At the conclusion of a dialog, often some truths exist which are necessary to acknowledge, some criticisms which must be accepted, certain concessions to make.

Nevertheless, the pride of both spouses will make them opt – frequently – to flee the dialog in order not to face those criticisms or unpleasant concessions.

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