

In addition to the ~~above~~ do's and don'ts above, I would like to introduce two concepts that can help to boost better communication between you and your spouse.

These are: **Illusion of Transparency** and **Cognitive Miser**.

What is Illusion of Transparency?

The Illusion of Transparency is when ~~When~~ someone thinks ~~that~~ their thoughts and emotions are transparent to others when ~~in fact~~ they are not, or at least not as much as they think.

Ever since I learnt ~~about~~ this concept, I have been fascinated to understand how it affects married couples.

~~Making assumptions~~ Assuming that your spouse knows what you are thinking or feeling without telling them, may ~~cause lead~~ them to make the wrong assumption about how you are feeling. Their inability to connect with how you are feeling may cause you to feel upset, angry or unloved and this may frustrate both of you.

So, for example, your spouse looks at you and they can see ~~that~~ you are thinking about something. They ask you what you are thinking about and you reply with, "~~you~~ You should know what I am thinking, how long have you known me?" and they reply with, "~~how~~ How do you expect me to know what you are thinking or feeling unless you tell me ~~?~~ ? If you think I am a mind reader, then know this, I am not!!".

If you have had this type of conversation in your marriage, that is the ~~illusion~~ Illusion of transparency ~~Transparency, which causes right there and I know that this has caused~~ countless issues and grief in marriages, ~~and maybe it is causing you grief in your marriage right. I hope by reading this chapter, it helps you and your spouse.~~

Why is the Illusion of Transparency an issue in a marriage?

~~#~~ The Illusion of Transparency is an issue in a marriage because it causes one person ~~in the marriage~~ to have needless negative feelings towards their spouse, and if it is not dealt with sooner, ~~#~~ they may exacerbate ~~the negative feelings.~~

Some of our clients have expressed feelings such as: feeling unloved, frustration, hatred, irritation and second guessing each other's motives and actions.

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These negative feelings can also contribute to poor conflict resolution. Thinking that your grievances are obvious to your spouse can also lead to conflict avoidance or passive aggressive behaviour. ~~E.g.,~~ For example, thoughts like, “I shouldn’t have to tell him/her why I’m upset! ~~it~~It should be obvious!”

Here are some suggestions ~~Suggestions~~ to resolving the Illusion of Transparency Mindset.

Say what you’re thinking. Instead of assuming that your spouse already knows what’s going on in your mind, say what you are thinking! Really, it’s as simple as that. Your spouse isn’t a mind reader. They have their own life and their own thoughts, which ~~can~~ preoccupy them, so it’s impossible for them to that they don’t notice every little detail about your life right away. Give them some grace, and if there’s something you want them to pay attention to, let them know.

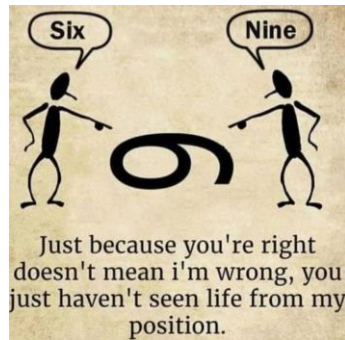
Shift your focus away from yourself. ~~de-Do~~ not only think of your own interest but think of the interest of your spouse.” Shifting your focus away from yourself to think attention to think about your spouse’s perspective will prevent you from help you avoid getting stuck in your own self-perception. Learn to spend less time focused on your own thoughts and experiences, and ~~instead~~ try to see things from how your spouse’s view instead. ~~might see them.~~

Show sincere love to your spouse. This is a decision ~~that~~ you must make if you ~~consider yourself as the one wanting want~~ your spouse to read your mind. You know ~~that~~ this behaviour is hurting you and your spouse, ~~so~~ So, make the decision to be open, and transparent, and be the first to volunteer information about your thoughts and feelings. ~~This~~ Doing so will be liberating for you and your spouse and will draw you closer together.

Seeing things from your spouse’s perspective. This may help to reduce tension between you. See the picture below.

Commented [CT2]: State what this quotation is taken from. For example: *Such a such said, “Do not...”*

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Christian Non-Fiction Self-Help Book for Married Couples
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~~This-The~~ picture above perfectly illustrates ~~perfectly~~ what goes on in a relationship when we don't see things from our spouse's perspective. Someone has to back down, be humble, and see things from ~~your-their~~ spouse's perspective.

If you decide today to see things from your spouse's point of view, perspective, do you think it will help to reduce the negative effect of ~~illusion~~ Illusion of ~~transparency-Transparency~~ in your marriage?

If yes, how? And what will it take from you?

Further Questions to ~~consider~~ Consider:

Can you identify instances when ~~the illusion-Illusion~~ of ~~transparency~~ Transparency became apparent ~~played itself out~~ in your marriage?

What ~~was the~~ effect did it have on you?

What ~~was the~~ effect did it have on your spouse?

How was this resolved, if it was ever resolved?

Write down and discuss the benefits of giving your spouse the information they need so they don't have to guess to stop them guessing what is going on in your mind. ~~/head.~~

I hope you have found this find the lesson on the ~~concept of~~ Illusion of Transparency useful. I will now move on to discuss talk about the second concept, ~~;~~ Cognitive Miser.

So, what is Cognitive Miser?

Well, it's ~~It's~~ a term coined by Susan Fiske and Shelley Taylor, described as: the brain's tendency to seek solutions to problems that take the least mental effort. ~~I-It's often have heard it~~ said that thinking is hard, and I believe ~~it that-, and because~~ Because thinking is hard, most people don't want to do it, so think, and they avoid doing it at all costs!

~~Aditi, in her~~ In Aditi's article in Psychology Today ~~---~~, she stated that, "We have all formed habits that enable us to virtually bypass the thinking process. We've hardwired our brains to take shortcuts. For many adults, this "non-thinking" aspect runs on autopilot as though the brain knows no other way."

In this microwave age ~~that~~ we live in where people want instant meals without labouring to cook it, and where people can google any information they want in an instant, most people don't want to labour-work for any-the information they need. As a result, most people develop a lazy mind and do not take the time to think anymore.

As a result, This has an impact on how couples communicate with each other is negatively impacted.

Here are a few signs ~~Signs~~ that you might be a cognitive miser:

- Not fully engaging in taxing conversations that ~~are taxing and~~ requires your input to solve a problem. If you find yourself saying to your spouse, ~~"you-You~~ are the more intellectual one, you can figure out the solution" Rather-rather than ~~sit-sitting~~ down and-to figure out the solution together.
- When your spouse, or people you associate with, ask a question and the first thing that you say is, "I don't know".
- When you give a flippant answer to a question ~~or-contribution-to-a~~ discussion without thinking through what you have said. Doing this and it makes you seem come across as aloof and disconnected to ~~what~~ the subject matter is.
- When you are impatient to hear the whole account of an event your spouse is trying to relay to you. You may say, and you say to yourself "get to the point" and-or "I am not interested in the whole detail".

Any of the signs above may lead to poor communication between you and your spouse, which in turn, will likely cause ~~and~~ unnecessary conflict in your marriage.

Reversing the Cognitive Miser Mindset:

Firstly, you need to admit that you have the tendency to be a cognitive miser and then make a conscious effort to train your mind yourself (mind and brain) to be godly Godly.

1 Timothy 4 v7: 'Have nothing to do with godless myths and old wives' tales, rather, train yourself to be godly.'

From the ~~above~~ passage above, it seems that godless myths and old wives' tales are disempowering to someone that-who wants to live a positive and progressive life. Hence, Paul's encouragement to Timothy to train himself to be godly Godly – to have a God focussed outlook on everything he does.

For example, God is not a God of disorder but of peace and order (1 Corinthians 14 v 33). So, you have to make the conscious effort to be orderly, ~~and~~ not disorderly.

Secondly, challenge your brain and ~~your mind~~ to snap try out new ways of doing things by snapping out of a lazy mindset and find new ways of doing things.

A Lazy-lazy mindset may rob you and your spouse of the positive contributions you could make to improving communication between the two of you, ~~and your spouse~~ and developing new skills.

During ~~phase one- the first~~ lockdown of the coronavirus corona-virus pandemic in the UK in 2020, my wife spent a lot of time baking, which I also and I enjoyed, ~~home baking~~ – I consider myself am a good cook, ~~and~~ some people say excellent cook – so I won't take anything away from their perception of me regarding my cooking skills. However, I am useless at baking.

The reason I have been reluctant to venture into baking ~~was-is~~ because I am not used to measuring ingredients when cooking, but ~~with baking~~, it is different with baking. You have to measure everything, so I was told. ~~So~~, baking has never been ~~was-not~~ attractive to me.

I was writing this lesson at the time and it occurred to me that this was a great opportunity to snap out of the cognitive miser mindset. So, I decided to challenge my brain to bake.

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I got the recipe book out, and with the assistance of my wife, I managed to bake bread despite even though every fibre in my body ~~was~~ resisting the need to measure the ingredients. The fun side was that our son said commented ~~that he has-had~~ never seen us argue the way we did when my wife was trying to assist me with the baking. ~~This was because every fibre in my body was resisting following the recipe book~~. But I finally gave in and it was fine in the end. I learnt something new about myself that day: ~~and that was~~ – when I am in

an unknown territory, I become impatient—, ~~but it~~ it was a good experience for me, and I am working hard on being more patient.

It is not easy to snap out of a lazy mindset, but when you do, it is the most rewarding thing you can do for yourself and for your relationship. Plus, you ~~You might may even~~ get a bonus out of it—: learning something new about yourself.

I can honestly tell you that I love baking bread now, and friends ~~that who~~ have tasted my bread can testify ~~to~~ how tasty my baking has become. ~~they are~~. It makes me feel good that I acquired a new skill during the lockdown.

~~Furthermore, That~~ my baking experience spurred me to take on the next challenge: ~~doing the~~ online banking.

Since internet banking was introduced by our bank in May 1997, my wife has been on top of it, ~~but and~~ I have not made any effort to venture into that arena. She is fascinated by technology and how it works, ~~therefore so~~ she can easily adapt and follow the latest technology. However, I am more of a laggard—, ~~but~~ I decided to try apply myself to doing internet banking and have become successful at it. I am ~~so elated happy and proud~~ that I am conquering my lazy mindset and applying myself in areas I never did before.

I am sure I am not the only one in this boat. If you can identify with me on this matter, what are you going to do about your situation?

It is better to take action now and train your mind to respond to areas of your life and marriage ~~that~~ you need to improve ~~in on—; decide to~~ the positive change ~~as it~~ will be beneficial to you and your spouse.

Thirdly, overcome negative thoughts with positive ones. All the negative thoughts little lies you tell yourself, such as, "You can't do that" ~~that you can't do something~~ should be changed to positives, and you can do this by ~~you~~ developing a can-do attitude. Is there a project ~~that~~ you need to embark on? Well, if so, there ~~There~~ is no better time for you to start than now. I first thought ~~of about~~ writing a book about 10 ~~years ago~~ before writing this one, but I kept doubting my ability to do so, ~~and I especially,~~ worried about being that I will be criticised by other people. ~~So,~~ As a result, I ~~felt told myself~~ that I ~~cannot~~ couldn't do it. But here I am now fighting through my demons and telling saying to myself daily that I can do anything I wish through Christ, all things through him (Christ) who gives me strength (Philippians 4:13). I started writing at the beginning of 2020, and now ~~at the end of the year~~ I'm finishing the first draft at the end of the year. What a thrilling journey and experience. You ~~too~~ can also talk yourself into having a can-do attitude too.

Finally, have people hold you accountable. Let your spouse and people in your circle of influence know that you have the tendency to be lazy in your thinking, and that you are working to change that. By verbalising it to these people ~~in itself~~ is victory for you because, people with a lazy mindset find it difficult to verbalise what they are thinking or feeling. They are content to coast along, ~~but you can set~~ You are setting yourself free from what has held you down for a long time. Rejoice and be happy.

Have a can-do attitude towards work and learning new things.

Step outside your comfort zone and try new things. I remember when I admitted to ~~being myself that I am~~ a cognitive miser, I realised that I am programmed to do things the same way all the time. For example, when I pick up a newspaper to read, the first thing I do is turn to the sports pages, ~~because that That~~ is the only section that interests me. ~~So, to To~~ step out of my comfort zone and ~~to~~ develop my brain, I had to make a conscious effort to read the least interesting pages first before ~~I read~~ the sports pages, last. This was hard for me at first, but I am glad ~~that~~ I persevered with it due to and I can see the benefits it has given to me, and how it has improved and my ability to think of solutions, ~~to problems has improved greatly~~.

Admittedly, not everyone reading this section of ~~the my~~ book will relate to being a cognitive miser, but if you recognise yourself in what I'm saying, it applies to you, then take action and you will see your ability to think, will improve. There are plenty of activities that encourage and train your brain to think more often, such as ~~You can find an activity that can help you to train your brain to think~~ —for example, Crosswords, crosswords, sudoku or board games like Scrabble or Chess.

Conclusions:

Good communication is ~~said to be~~ a lifeline to a healthy the health of a good marriage, and so when communication breaks down, ~~in a marriage, it leads to~~ all sorts of problems arise.

The depth ~~at which~~ couples communicate ~~will depend depends~~ on how well they know each other, which also and may affect affects the quality of their relationship. Couples ~~that who~~ communicate at a deep level seem to know each other well and feel more secure in the relationship.

It would be beneficial for couples who communicate at a shallow level to gravitate towards communicating at a deep level to enhance the quality of their marriage.

The Illusion of ~~transparency~~ Transparency can cause unnecessary conflict in a marriage and affect how you and your spouse communicate ~~effectively~~ with one another. To avoid this, it is advisable to give your spouse the information they need so they don't have to ~~save them the trouble of~~ second guess ~~guessing~~ what you are thinking or feeling.

Having a lazy mind is a sign that you are a cognitive miser, but you don't have to be that way. Make a conscious effort to develop the part of your brain that allows you to think creatively. so you can ~~This will~~ enhance your wellbeing and self-esteem. ~~So, it~~ It is important to retrain your brain by taking on tasks ~~that~~ you previously considered impossible. Doing so ~~This will~~ enable you to reverse the cognitive miser mind-set and improve communication between you and your spouse.

Further questions to consider:

Can a cognitive miser change their mindset?

Absolutely! It takes ~~the~~ determination to do a realistic and honest introspection to examine your ~~of their~~ way of thinking and admit their-your shortcomings. ~~before real and possibly lasting change can happen.~~

Discuss with your spouse how being a cognitive miser affects you.

Is there something ~~about you that~~ your spouse wants to know about you that ~~and you are holding back? from telling them?~~ Take the chance to open up or get advice from a trained marriage coach to support you, it will be beneficial to your marriage.