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CHAPLAINCY
SERVICES**



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JUST THE RIGHT TONE

An LEO holds the line, stands guard, confronts evil, and battles against the vilest enemies of society on a daily basis. These stressors can translate into a tone at home that resembles the verbal commands at work.

Think about the power of words. Proverbs 15:1 says this "A gentle answer turns away wrath, but hard words stir up anger." The same applies to the tone in which we deliver them.

How effective would our verbal commands be toward an adversary if we gave those commands like we were reading them a bedtime story?

The tone of our voices have the power to either bless or devastate our relationships. LEO's know the power of command, but when communicating with loved ones, command is best shown by making them a priority in every way. This will not always come easily, and it may require intentional, daily effort.

Loved ones talk to each other with respect and admiration. Though over time, long lasting relationships can unintentionally turn into being taken for granted, and lose this admiration quality.

It's the little things that add up over time, and a failure to communicate effectively at home can lead to tension and stress down the road, both at work and at home.

One of the biggest mechanisms of this communication break down is texting. It is often impossible to convey tone through text messages. Commit to spending more time communicating face to face instead of text.

If you want to create room for open and honest conversation, a loving, respectful, and gracious tone will establish trust and invite future conversation. Maybe this means you take a few minutes before responding if you feel tempted to respond with a harsh tone. Ask yourself, does your tone reflect patience and understanding, or does it incite strife and contention?

You may not be in a position to communicate with your loved one during your shift, but if you are, be sure to remember they may not be aware of the stressors you are facing at the moment. Strive to use a tone that reflects peace and invites future discussion. One thing to consider if you have had a particularly stressful shift is taking a moment before

speaking with your significant other - maybe ask for a few minutes to decompress when you return home from your shift. Your loved one may request the same from you!

What does your tone of conversation convey to your loved one? Your tone of voice alone can bring them peace and help them relax. For those who are, or are in a relationship with, an LEO you know there is often no "off" switch. But it does help them to relax if they have a haven to come home to. Both people in any relationship have their own stressors, and maybe one or both of you had days that were exceptionally difficult. 1 Thessalonians 5:11 says this "Therefore encourage one another and build each other up." Trying to remember you are on the same team, fighting for one purpose, can be a powerful reminder that help govern the tone of your conversations. Creating a healthy tone and open communication at home will create a safe haven for both of you. Having this affirmation and security at home carries over into our professional lives fostering healthier, happier careers.

-Chaplain Mark Smith