



Stop The Fight Now!

Marriage can be beautiful and rewarding- but it takes work.

Because we are so invested in the relationship, we can allow our emotions to get the better of us and before we know it- it's happened again- we are fighting.

So before you SAY or DO something that you are going to regret later, try applying some of these principles.

If you do, I think you will find that the fight or argument doesn't last nearly as long and who knows- you might end up with a smile on your face!!! (Seriously!)



5 Secret Weapons to Stop Any Fight Dead in its Tracks!

I. We Are On The Same Team

First, remember that we are on the same team. Whatever you may be disagreeing about, remember that you are in this relationship together.

When you begin to feel things heat up, remember that you love the other person and that they love you.

Sometimes it might not feel that way but if you remember that your spouse is not the enemy, then you can begin to deal with the issue in a more effective way.

2. Take A Breath

Every issue does not have to be dealt with right now.

Sometimes we allow the issue to become so big that we feel like it **MUST** be dealt with right now! But unless you are on a boat and floating towards a waterfall- you can afford to take a breath.

In fact most of the problems we face are not pressing issues. Sometimes it actually works in our favor to take some time out and to reflect on the problem when we are in a more calm or relaxed state.

IMPORTANT- Don't take too long though. If you allow an issue to go to long, then it can turn into something bigger.

So make sure you both agree on a time to return to the issue at hand.



3. Maintain Perspective

Ask yourself “how important is this, anyway?” Will you care about this 10 years from now? In fact, will you care about this 10 minutes from now?

Most of the time we turn little disagreements into huge hurdles in our marriage. We allow a simple offense to become an obstacle to intimacy in our marriage.

Take a good look at the problem and ask yourself if winning this argument is more important than winning your spouse's heart?

Sometimes we may feel like we have won, but in the end- we have really lost.

** But if it is a really important issue, then it is worth dealing with in the proper manner. Yelling, shouting, the silent treatment, these are not the ways to deal with important issues (or any issues for that matter).*

4. What is Your Endgame?

What do you hope to gain by arguing or fighting?

Is raising your voice or giving your spouse the silent treatment going to bring you or your spouse happiness in the end? Is this disagreement so important that you are willing to say or do something that will harm your spouse?

Is your marriage about love, respect, caring and sharing or is it all about you winning an argument?

Sometimes there are important issues to discuss, but we should talk about them in a way that leads to love and unity - not red faces and hurt feelings.



5. Talk Casually

Lastly, when it comes time to talk about or discuss the issue, talk casually with your spouse.

Sit down at the table or on the couch. don't stand or pace around the floor. Sit down casually as if you were going to watch TV or play a game.

Get in a comfortable position. Don't hover over or cower under your spouse. Get into a relaxed, comfortable position and you will find that your emotions will follow suit.

No marriage or spouse is perfect. We all have to deal with issues from time to time. But it is how we deal with them at the time that affects the health of our overall marriage. When we constantly bicker or we allow things to fester, that is when our marriage becomes a struggle.

Yet if we take a breath, keep a proper perspective and we remember that we are on the same team, we will find that our marriage and spouse is the perfect one for us!