

When You Feel an Argument or Hurt Feelings are Near

- Listen with an ear to understand.
- Speak with a voice that refuses to judge, accuse, blame, threaten, or yell.
- Don't interrupt or reverse the accusations.
- Give your spouse time to express his or her concerns.
- Refuse to ridicule or minimize the other's position.
- Care about each other's feelings.
- Look for win/win scenarios. Speak slowly and calmly.
- Above all else, follow the Golden Rule.

Remember that you are a team and you can accomplish anything together, even in moments of disagreement. If each of you takes the approach of putting your spouse above yourself and treating him/her the way you want to be treated you can come to a mutually beneficial agreement and move forward as a team.