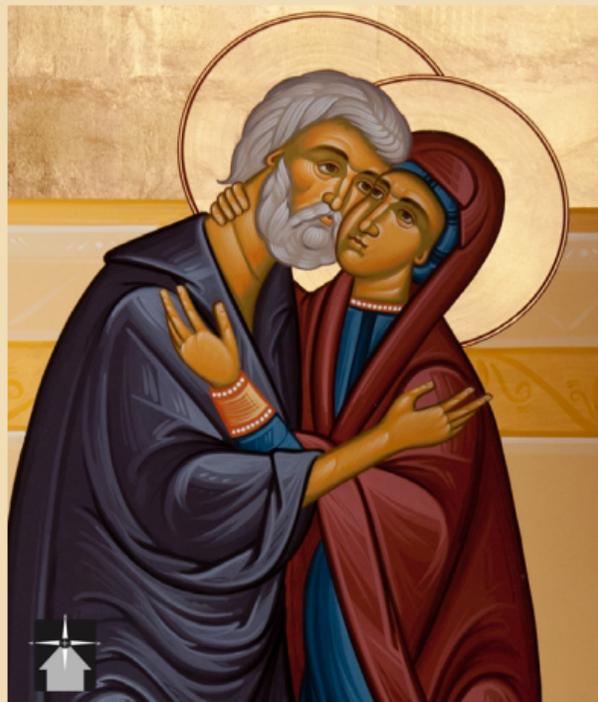


becoming ONE

nurturing your marriage



Anger and Silence

*The beginning of freedom from anger is silence
of the lips when the heart is agitated."*

(St. John Climacus)



Though not intended specifically for couples, this teaching has particular relevance for husbands and wives, as it provides a good ground rule for navigating disagreements and conflict. That is, if either husband or wife begins to feel his/her internal temperature rise, signaling anger, it is best to be silent until the anger subsides. What a powerful tool God gives us to stop the cycle of angry conversations with our spouse, just through the practice of silence!