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!