

becoming ONE

nurturing your marriage



Arguments as Opportunities

All couples have disagreements; one of the keys to a healthy marriage is to “repair” hurts and negativity that may arise during an argument. “Repairs” will differ for each person and couple. For some, a tender touch is a means of repair; for others, humor helps to de-escalate an argument.



Discuss with one another what works for you to de-escalate tension and negativity during an argument and deliberately put it into practice, so that by God's grace and your intentionality, arguments become opportunities for connection rather than threats to the stability of your marriage.