

becoming ONE

nurturing your marriage



Time for a Time Out?

When couples have conflict, a heated argument sometimes ensues. A good practice for marriage is to know when your internal temperature is rising. If you begin to feel angry, it is best to leave the discussion, tell your spouse that you love him/her, and will continue the conversation after you have cooled down. At that point you will both be in a better place to approach the conflict and move toward each other.

Think about a regular source of conflict in your marriage; set up a sacred space and time to discuss it with your spouse; commit to one change each of you will make to work through this conflict. If an ongoing conflict ensues in your marriage and creates distance with your spouse, seek outside help.

