

How to Fight Right

It's okay if you and your spouse fight occasionally because it can be a sign of healthy communication. But you can't just throw mean, harsh, heated words at your partner and expect to go back to being happily married!
Words hurt. Period.

Here's how to fight without ruining your relationship:

Stay calm...

Do whatever you need to do to keep your tone, language, body language, and temper under control, otherwise things will escalate fast.

Avoid giving the silent treatment...

Giving the silent treatment is just as bad as yelling. And it doesn't make the disagreement go away either.

To make it worse, the spouse on the receiving end will feel like they're talking to a brick wall and shut down.

Things will fester until one of you can't take it anymore and turns into Mount Vesuvius in human form.

Keep the healthy lines of communication open to resolve marital problems.

Don't fight in front of other people...

When you argue in front of other people, especially family and friends, you give them a license to meddle; meddling only makes things worse.

For instance, they will usually pick sides and gang up on the person they feel is wrong.

If they don't meddle, they'll feel awkward around you.

So, keep your disagreements private; don't air your dirty laundry.

Don't bring up the past...

It's easy to dredge up the past when you're upset.

Don't use past arguments as armor in new arguments.

Focus on the current issue and resolve it **FIRST** before bringing up any unresolved relationship issues from the past. It just adds fuel to the fire and makes the current issue harder to resolve.

It isn't wrong to disagree or argue with your spouse. But there's a right way to "fight" when facing marital problems: Stay calm, keep the lines of communication open, and do **NOT** bring up the past.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!