

# Agree to Disagree?

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Have you ever reached a dead end in a disagreement with your spouse?

There are only two ways to handle this situation. Either agree to disagree to keep the peace or keep trying to convince your spouse, causing more anger and frustration.

Agreeing to disagree is the better option. But what does it *really* mean to “agree to disagree?”

## **Agreeing to Disagree Means...**

*Accepting that you don't have to agree on everything* – Just because you don't agree on a particular issue doesn't mean your marriage is doomed.

And just because you're married doesn't mean you'll always agree. You're unique individuals with individual opinions and points of view.

*Considering that you might both be right* – It's possible to have a disagreement where neither of you is right or wrong!

A disagreement over which color is best for the kitchen is a great example. Just because you disagree doesn't mean you're both wrong; it's simply a personal preference.

*Deciding whether you would rather be right or in a happy marriage* – Is winning an argument worth it if it leads to marital strife?

See the bigger picture and just let it go. Sometimes you need to lose the battle to win the war.

\*\*\*\* Agreeing to disagree means *Realizing that you don't need the ego boost that comes with having someone else agree with you* – Sure it's awesome when your spouse validates your ideas and opinions.

However, agreeing to disagree requires you to have enough self-confidence to realize that you don't need your spouse's confirmation in order for your opinions to be valid. They are valid either way.

(You should probably read those two paragraphs again...)

*Deciding not to be angry about things that you cannot change* – Does it make any sense to get angry over something you can't change, even if that something is your spouse's opinion?

Let. It. Go.

Otherwise it'll just keep building inside of you until it explodes and creates even bigger problems.

You and your spouse don't need to agree on everything to be happy.

Just because you have different opinions doesn't mean something is wrong with you or your marriage. The only time you should really be concerned is if you disagree on fundamental values or principles.

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