

Practice These Three Skills During COVID-19

How often do you work on improving communication, conflict resolution skills, and emotional intelligence?

These three skills are essential if your marriage is going to last and be happy - especially now as you self-shelter with you family.

Communication in marriage...

Communication is the most important skill in marriage.

Want a happy marriage? Learn how to talk to your spouse tactfully and listen to them in a way that makes them feel validated and heard.

Few things cause more marital strife than constant criticism, complaining, defensiveness, or dismissing or minimizing your spouse's thoughts and feelings.

Make it your goal to reach a place where you can have conversations about touchy subjects, such as money and in-laws, without arguing.

Emotional Intelligence...

Marriage can be a real emotional roller coaster, especially early on.

How do you survive the ups and downs?

Emotional intelligence.

Express your emotions without being controlled by them.

Letting your emotions get the best of you clouds the "logical" part of your brain and hinders your ability to make rational decisions.

When you find yourself in an emotionally charged situation within your marriage, consider disengaging for a while to calm down.

Don't just walk away. Let your spouse know you need time to calm down and to collect your thoughts before you're able to have a healthy conversation.

Conflict resolution...

Conflict happens. Every marriage has it.

You and your spouse are unique individuals with different personalities, which creates opportunities for conflict.

How do you handle it? It's simple: Shift away from his-way and her-way to *our-way*.

You must work to reach a place where compromise is welcomed and explored.

You will reach resolutions promptly; and conflicts won't drag on for days.

These are the three most essential skills in marriage: Communication, conflict resolution and emotional intelligence.

To have a happy, fulfilling marriage that endures whatever life throws at you, start practicing these three skills today!

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