

# Are They Wrong, or Are You?

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How do you and your spouse deal with differences of opinion?

Do you make each other feel heard by acknowledging and validating each other's opinion or do you tend to minimize and discredit it?

Here are some tricks for being more open to each other's point of view.

## **Approach your differences with curiosity**

Opposites attract. We have a curious fascination to explore the other person's life and world. We want to *know* them.

What if we treated opposites of opinion (differences) with curiosity - as opportunities to learn and grow, and to experience the richness of life.

Try approaching differences of opinion with curiosity instead of defensiveness.

## **Look through your spouse's lens**

We view the world through a single lens that's been fashioned by our experiences.

One of the rewarding things about marriage is that we get to see the world through our partner's lens - one that was shaped by their experiences.

Communication in marriage becomes easier once we understand how and why our partner sees the world.

## **Google your spouse's perspective**

Sometimes it's difficult to put what we're thinking into words. For instance, if you and your spouse differ on parenting styles, Google the parenting style they're advocating.

Sometimes it helps to see your spouse's perspective in another person's words because they can explain it more clearly.

It's natural to reject perspectives that are different from our own. We tend to get defensive and give evidence to prove our point.

But different doesn't mean wrong. Both opinions could be right.

If you want a happier marriage today, consider embracing, *and enjoying*, multiple points of view.

By acknowledging and validating each other's opinion, you will avoid a multitude of marital problems.

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