

# Blaming?

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Many couples struggle with blaming each other because it's easier to point out the faults of others than to admit our own. Plus, blaming is a favorite way to avoid taking responsibility. The problem with pointing fingers is that *everyone* has flaws. Besides, it makes people defensive and they push each other way.

## **How to save your marriage from the blame game**

Stop building a case against your partner – Many people fuel marital strife unknowingly by gathering evidence to make a case against their spouse's character flaws. They catalogue every little incident to expose their partner's shortcomings.

People who do this can easily blow small incidents out of proportion. Something as small as forgetting to take out the trash can be seen as proof that the other person is lazy or doesn't care.

Just drop it – The more you blame your spouse the more defensive he or she becomes. No matter how hard you try, you will NEVER win an argument against a defensive person. Besides, what's the point of winning the battle only to lose the war? To end the blame game, drop your guard and try not to be as defensive.

Take time to calm down – If you're angry, you'll be tempted to be critical of your spouse. But if you take time to calm down before talking to your spouse, you will find that you're more open to having a genuinely productive conversation. As cliché as it sounds, refrain from arguing with your spouse when angry.

Communicate – When you're calm, you can communicate your feelings in a direct but compassionate manner. You tend to be more open-minded, receptive and understanding too.

Be sure to avoid victimized and generalized language. Saying "you always ignore me," is very different from saying "I felt insecure when you didn't call me."

The first statement places the entire blame on your spouse while the second shows that you're taking responsibility for your contribution to the situation as you see it.

The above tips are simple but effective ways to help couples escape the blame game.

Don't let the blame game damage your marriage; decide to end it *today* because blaming always makes things worse.

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