

Assuming The Worst? Stop!

It's so easy to misinterpret or be misinterpreted, especially today with texting, etc, that is completely devoid of tone of voice and body language.

People often assume the *worst possible interpretation* instead of asking for clarification, making mountains out of molehills and creating conflict.

Assuming the worst leads to unwarranted over reactions, which can destroy a happy marriage.

To save/improve your marriage, *please* stop assuming that your spouse is out to hurt you. If you're going to assume anything then assume they have your back, unless you have evidence to believe otherwise.

How to Stop Assuming the Worst of Your Spouse

Learning to assume the best of your spouse is a process. Use these tips to get started:

Stop and think before you react – If your spouse says something that annoys you, stop and ask yourself whether a stranger would react the way you're reacting. This ensures that you're not “reading between the lines” and misunderstanding something because of your defensive inner critic.

Ask for clarification – Before jumping to conclusions about something your spouse has said, ask for clarification. How's that for a profound idea?

Do this as soon as you can before you have a chance to fabricate unfavorable scenarios in your head. When you ask for clarification, don't do it in an accusatory manner. Start your question with “Did you mean . . .?” This keeps your spouse from getting defensive, and it allows them to explain what they meant.

Show gratitude – Make a point of complimenting and thanking your spouse regularly when he or she does something that makes you feel loved and connected to them. When you pay attention to the good things, occasional slip ups won't seem like such a big deal. Also, by reinforcing your spouse's positive behavior, you're encouraging him or her to keep it up; we reap what we sow.

Many people think they are hard wired to read between the lines accurately every single time, tempting them to assume the worst of other people.

Maybe that's true for someone much of the time but not 100% of the time.

Start thinking before you react, ask for clarification when you're unsure what was meant, and start showing gratitude regularly.

Sooner or later, you'll stop assuming the worst of your spouse and become a much better communicator and be a LOT happier in your marriage too!

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