

# Talk Like This To Ruin Your Marriage

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Are you and your partner ruining your marriage by how you talk to each other? Here's a list of the five most harmful communication styles in marriage.

## **1. Over-generalizing**

Remain issue-specific when expressing dissatisfaction or frustration. Generalizing dissatisfaction by using words such as always, never, nothing and everything only fuels the fire. For instance, if your spouse forgets to pick up something from the store, refrain from saying things like "you always forget."

Similarly, when expressing dissatisfaction with your spouse's behavior, steer clear from personality trait labels such as "insensitive" or "lazy." Instead, refer to the specific behavior and, if possible, the incident that's bothering you.

## **2. Interrupting and dominating the conversation**

Listening is an important part of communication. Simple, right? Not exactly because if it were then more people would be good listeners. But they aren't. They think about their response, interrupt when their partner is speaking, or they dominate the conversation without giving their spouse a chance to speak. This behavior is destructive because it says they're not interested in their spouse's feelings, thoughts, or concerns.

## **3. Bringing up ancient history**

Some people love using the past to support their arguments. They're like prosecuting attorneys – bringing up past actions and marital problems in attempt to "establish a pattern." They then attempt to predict the future using the past as a baseline. This only opens old wounds and makes the future appear worse than it probably is. Plus, it gets you NO where. To succeed in marriage, *solve conflict in the present*. Bringing up the past may win an argument but it's a great way to lose a relationship.

## **4. Over-intellectualizing emotions**

Some people can express their feelings and emotions openly while others see emotions as a sign of weakness. Those who see emotion as weakness often try to intellectualize their feelings. For instance, instead of showing concern for their spouse, they may intellectualize their concern by pointing out what their spouse did wrong. Intellectualizers are often seen as cold and insensitive but the truth is, they just don't know how to express their feelings.

## **5. Expecting spouses to be mind readers**

Too many spouses operate under the assumption that if their partner loved them, they'd automatically know their feelings, wants, and needs. They may say "if you loved me, you'd know." That attitude is destructive because spouses are not mind readers and have no way of knowing unexpressed expectations. Every person must take responsibility for their own happiness and openly express their feelings, needs and desires.

If you want to improve communication in your marriage, you need to steer clear of these five destructive styles of communication.

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