

Would You Rather Be Right or Happy?

It only takes a few seconds for a small disagreement to become a full-blown fight. Use these 5 tips to stop conflict in its tracks without adding fuel to the fire.

Time Out

Take a time out when things start going sideways. The decision to take a time out must be mutual. Set a ground rule ahead of time that you'll both agree to a time-out whenever things start getting ugly.

Be Realistic

You and your spouse won't agree on everything but that doesn't mean something's wrong with your marriage.

Being realistic helps you and your spouse see conflict for what it really is, a difference of opinion.

Stay in the Present

Nothing fuels a conflict more than listing all the mistakes your spouse has made since the day you met them.

Deal with the current problem without raising past issues or conflicts.

Turn the Conflict into a Win-Win Situation

Sometimes people argue because they're trying to win and prove their point. Seeking compromise in the form of a win-win outcome shows your spouse that you care about them more than your opinion.

Patience

Patience is one of the best conflict management strategies for couples. Being patient in your thoughts and actions makes you slow to start a fight. As the Bible says in Proverbs 15:18, "An angry person stirs up strife: but one who is slow to anger calms it."

At the end of the day you have a pretty simple decision to make, would you rather win an argument or be happy?

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