



HELP YOUR MARRIAGE NEWSLETTER

Creative Solutions for Couples Issues

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Handling Disagreements

Sometimes dealing with **Disagreements** or **Conflicts** is a major problem because we tend to use language that leads to defensiveness rather than solving the problem.

Avoid using phrases that use the words **always** and **never**. This immediately causes your partner to be defensive because more that likely your partner has done whatever you are upset about. You want your partner to do something differently. An example might be “you never rinse your dirty dishes.” This will not take care of the issue for you. Instead, your partner will probably respond with “that isn’t true, I do rinse my dirty dishes. What you are wanting is consistently in rinsing the dishes. A better way is to say “I would like for you to rinse your dirty dishes right away when you finish eating.” Then when it happens follow up with “Thank you for rinsing the dishes.”

Use **I** statements rather than **You** statements. You statements tend to sound blaming. This will shut down communication and lead to an increase the intensity of the disagreement.

The next Newsletter will include:

Three ways to help you develop a caring and loving relationship.

Ignoring Issues

Other ways that conflicts can become major problems is by bottling up feelings or ignoring an issue rather than talking about it. This becomes a problem when eventually the person begins to dump these feelings even when dealing with a minor issue. They may explode in anger or at least begin to express feelings with more intensity than the situation calls for. It is important to talk to each other about issues before they become major problems.

Actions you can take to Help your Marriage:

1. **Practice Listening** to each other and expressing feelings to each other.
2. Talk about problems before they become major issues.
3. Avoid blaming language.

Seeking Help for your Marriage

If couples have a pattern of failing to listen to each other, using blaming language, or bottling up feelings until they explode in anger. They may need professional help.

The therapist will guide you through the steps of listening and also help you to talk about your issue in a way that your partner will hear you. The therapist will help your marriage by teaching you how to develop a caring and loving relationship

Call now for an appointment

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