



Fighting Fair

Your guide to resolving
marital conflict like a champ



That Same Stupid Fight: Handling Conflict with Your Spouse

By Janel Breitenstein

There's a reason so many of us would rather get a cavity filled with Kenny G in the background than have that same ... stupid ... fight.

Conflict with your spouse is inevitable for all couples. (Whoever got the idea into our heads that "marriage should be easy," probably wasn't married.) How can you deal?

The following concepts from Peacemaker Ministries may result in love being a little less of a battlefield.

Why do we fight?

Conflict with your spouse happens when values collide. He wishes she would park straight; she wishes he would apply the same logic to getting his socks 17 inches closer to the hamper.

As James 4:1 puts it, "What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?"

Conflicts can be tricky because the way we go about handling them is heavily influenced by the culture in our family of origin. Whether

our "normal" includes glossing over, gossiping, lashing out, storming away, or having a family meeting, our personal experience has dictated "acceptable" responses to conflict.

We all fall on a spectrum, right?



ESCAPING: There are the classic "stuffers," who prefer a false peace. They're escaping conflict by outright denial, internalizing responses to conflict, perhaps denying.



ATTACKING: On the other end of the spectrum are "blowers," who shoot for a false justice. They might attack with words, physical force, or the withdrawal of privileges, like money or sex.



PEACEMAKING: In the middle of these extremes is the true peace and true justice of godly responses: Talking it out. Finding a mediator. Overlooking an offense. Jesus calls us "blessed" when we are peacemakers (Matthew 5:9). Not peace-fakers. Not peace-breakers.

The replay

We don't act as "peacemakers" just because it's the moral thing to do. It's because when we enter conflict, we have the opportunity to honor God and replay His actions when He was in conflict with *us*.

When sin broke our relationship with God, He went the distance to repair that relationship and make peace with us. When we were His enemies, God demonstrated the quality and quantity of His love by making a way for peace (see Romans 5:8). And it's a job God has passed on to us.

Second Corinthians 5:18-20 puts it this way: "Through Christ [God] reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us."

The way we show forgiveness, peace, and justice in our relationships is a show-and-tell about what God did for us through Jesus.

So your response to the sniping of your mother-in-law, or your husband's passivity, or your wife's nagging? That's an opportunity to honor God and grow more like Him. Conflict also allows us to serve others and to grow as it gives us new ways of looking at life.

Does that mean conflict with your spouse could actually improve the relationship?!

That's exactly what I'm saying.

What next?

Resolving conflict with your spouse in a healthy

way starts with taking 100% responsibility for our contribution—even if we think our contribution is only 5% of the problem. Here's a tip I heard from author Gary Thomas: We always underestimate the impact our sin has on other people.

As you're able, consider how to embrace humility and confess to the other person (you might be surprised how this gets the ball rolling). Admit specifically what you did, as well as admitting the attitude that was in your heart. And don't forget to acknowledge the hurt you've caused.



The PAUSE process

So you've decided you'll intentionally honor God and trust Him with this conflict with your spouse. You've spent time searching your heart and repenting from your own sin.

But how do you prevent a conflict from turning into something more?

Peacemakers outlines a five-step process to keep in mind:

- 1. Prepare:** Seek counsel. Pray. Continue to examine your own heart and reactions.
- 2. Affirm Relationships:** Show value for the relationship and hope for the future. Help them feel secure to address the problem and not worry about protecting themselves.
- 3. Understand and Acknowledge Interests:** People's positions are motivated by their spoken and unspoken interests: Concerns. Desires. Needs. Limitations. Fears. Values.

It might help to dig below the presenting issue—whose family to visit over the holidays, or how you're talking to me when you're exhausted from work, or whose turn it is to cart the kids to school. Look beneath that: What's the desire of each person, and why is it important to them (even if they're expressing those in illegitimate, unjust, or downright rude ways)?

For example, behind the clipped responses after your long day at work? Maybe your spouse feels like everyone else gets the polite, presentable side of you. Or that ultimately, you don't appreciate or truly see him or her.

4. Search for Creative Solutions: There are almost always more than two options. How can you think creatively about a solution to address both of your interests?

5. Evaluate Options: Which of these speak to both of our interests? Is there a way I need to willingly lay down one of my interests?

Moving past the hurt

"How can I know if I've really forgiven them? I'm still mad when I think about the issue."

Forgiveness is one of the most challenging tasks we face as human beings. It's not a natural response but a supernatural one.

Forgiveness is a choice. It's a decision modeled after God's forgiveness of us: a decision not to hold the offense against the offender (if you need a pep talk, check out Matthew 18:21-35).

It releases the person from their sin against us, desiring good and blessing for them. And since forgiveness is a choice we make, it doesn't even

depend on the other person. We can forgive whether the person is sorry or not.

But here's what forgiveness isn't. It's not forgetting or excusing, releasing someone from worldly consequences of sin. This is different from revenge. It's accountability for their choices. A forgiven criminal should still go to jail. An embezzler should not be given a position as an accountant.

It's promising the following:

I will not...

- Keep ruminating negatively on this.
- Seek to hurt my offender as a result of this; I will seek to bless him or her, even if that means establishing accountability and finding justice.
- Gossip about this, speaking to others who are not part of the solution.

Instead, I will continue to pursue a relationship with the offender (unless repentance has not been demonstrated and love dictates I set boundaries to protect both of us).

You might come to a renewed appreciation of the lengths God has gone to forgive us, and be encouraged as you play out the gospel in your own life and for those you love.

Adapted from "[*That Same Stupid Fight: Handling Conflict with Your Spouse.*](#)"

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Getting Hit by the Same Train

By Ed Uszynski

The headline read something like this: “Man gets hit by train twice in same month.”

Definite clickbait, but I couldn’t resist. I read on.

Apparently, this guy got too close to the edge of the platform and got his arm mangled by a train coming into the station. Later in the same month, he did almost the exact same thing again. Crushed his arm. Baffled his friends.

What kind of an idiot does that? Bad enough to get hit by a train once. But wouldn’t the pain of that keep you from getting too close to the edge again?

Judgmental headline reading comes easy to me. This story provided low-hanging fruit.

Unfortunately, I read it in a span of days where I’d created misery in my home by saying something to my wife that always led to conflict.

The specifics don’t matter now. It’s the pattern that stands out: Over and over and over again. Same result.

Then, annoyingly, God’s Spirit used mangled-platform guy to put me in a corner.

“What kind of an idiot repeatedly steps across the edge to be hit by a train, you ask? Who doesn’t learn from pain when they experience it? Those are great questions—for you!”

How often do I get hit by the same train in my own house? Same sloppy words. Same

defensive posture. Same behavior that creates the same negative result.

I had to think: Instead of using my energy to judge the dude who kept running into trains, maybe ask God to help me start avoiding some of my own.

But God, can't I at least ask, who gets hit twice by a REAL train?

Never mind. Back to my own trains.

The Good Stuff: Like a dog that returns to his vomit is a fool who repeats his folly (Proverbs 26:11).



ACTION POINTS:

- What's one marital "train" you'd love to avoid in the future?
- What are the common elements to the pattern? (Feel free to gently ask your spouse for their ideas, especially if you're feeling clueless.)
- What foolish behavior will you purposefully, prayerfully avoid in the future?



6

Ways to Respond to Your Next Argument

By Alex McMurray

Have you ever been in the middle of an argument when suddenly, it dawns on you—you have *zero* clue how you got here. One minute, you and your spouse were chatting over tacos and the next minute, you're swept into the vortex of another argument. As you're duking it out with your spouse, you find yourself wishing you could press pause and rewind.

If you could hit pause and rewind, what would you do differently?

In “Speak, Solve, Seek” on *FamilyLife Today*®, hosts Dave and Ann Wilson share “Six S’s” for resolving conflict. If you’re looking for healthy and biblical ways to respond to your next argument, try out their six-part framework and the following practical techniques for conflict resolution.

1. Shut up and listen.

The next time your spouse is sharing their side of the conflict, try out psychologist Dr. Carl Rogers’ reflective listening technique. This is like using your “remote” to turn on

the subtitles and make sure you don’t miss a word. Take the time to listen well without planning your own rebuttal. Pay attention not only to what your spouse is saying, but also what they *aren’t* saying—the fears, hurts, and desires behind their words. When they finish, try to paraphrase what they shared and ask, “Am I understanding you right?”

2. Soft answer.

According to Proverbs 15:1, “A soft answer turns away wrath, but a harsh word stirs up anger.” When we argue, our tone of voice naturally becomes more emotional. This change can quickly cause an argument to escalate from a simple misunderstanding to a screaming match. Thankfully, as Proverbs reminds us, it works both ways. Just as defensive tones put everyone on edge, gracious tones can bring emotions back to the ground. The next time you’re in an argument, try to even out and even lower your tone when things start to get heated.



3. Speak the truth in love.

Honesty is important in relationships. But sometimes, we speak truth out of bitterness or annoyance. We may even exaggerate the truth by speaking in absolutes (“You always…” and “You never…”). But our words can speak life and growth into our spouse. Truth must be shared with love and grace. We don’t need to “water it down,” but we need to offer it clearly and in light of the redemption we have all been offered through Christ.

4. Solve or go to sleep.

Some people want to address a problem as soon as it comes up. Others want to avoid talking about a problem at all costs. It’s important to give yourselves time to process through thoughts and emotions when working through a difficult argument, but it’s also wise not to let the issue sit so long it doesn’t get resolved. This is where your “pause” button comes in —just don’t forget to resume!

Remember you and your spouse are a team. Respect one another’s need to process. If you are in the headspace to talk it out, set

aside the time to do so. But as the Wilsons point out, if you’re exhausted, wait until the next day to discuss the issue. Dave notes that Ephesians 4:26, “Do not let the sun go down on your anger,” can make us feel pressured to stay up as late as we need to resolve the conflict. He explains the verse simply advises people to not put off conflict resolution for too long.

5. Seek forgiveness.

Ever spent time thinking up ways to justify why you said or did such and such during an argument? We’d rather focus on our hurt than see the hurt we caused (on purpose or inadvertently). We wait for the other person to apologize first.

But Jesus Himself demonstrated something different. “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God” (Ephesians 2:8). In fact, we’ve been commanded to forgive others just as God has forgiven us (Ephesians 4:32). It’s humbling to ask for forgiveness without expecting an apology in return. But confessing how you’ve hurt the other person is the first step toward reconciliation.



6. Surrender to Jesus.

We're all broken (Romans 3:23). We all desperately need Jesus to help us love and forgive other people. The emotional heaviness we carry from our own sins and the arguments we find ourselves in is more than we were made to carry. Peter invites believers to cast all "your anxieties on him, because he cares for you" (1 Peter 5:7). This includes the work stress that's made you more irritable toward your spouse, those everyday arguments with your 8-year-old over what does and does not count as

appropriate dinnertime humor, those words you wish you hadn't said or heard.

We all need Jesus' help to reconcile with the people in our lives. We're invited to confess our sins (1 John 1:9) and bring our weariness to the Lord (Matthew 11:28-30). Take time today to surrender your burdens, fears, and fights to God. Ask Him to help you respond to your next argument with love, truth, and grace.

Say This, Not That

We've all done it—gotten absorbed in the emotions of an argument and spewed words at our spouse without realizing the implications. But let's face it: angry words are hard to hear.

So here are some of the common "oops" moments in marital blowouts. Next time you feel these words trying to erupt from your mouth, pause. Take a breath. And try something more constructive instead.

Remember: When in doubt, *don't* let it out!

Instead of ...	Try ...
"You never _____!"	"I'm so thankful you _____. But I could really use help in _____."
"You always _____."	"When you _____, it makes me feel _____."
"You're not listening to me."	"Maybe I wasn't clear. What I'm trying to say is _____."
The D-word (divorce).	"I'm committed to making this work."
"If you don't _____, I'll _____."	"Can we find a middle ground on this issue?"
"You don't love me."	"I know you love me. But your actions/words hurt me."
"That's ridiculous."	"Can you explain what makes you feel that way?"



For the Blended Family:

Taking Your Family Off Isolation Highway and On the Path to Harmony

By Ron Deal

Stepfamilies foster a lot of frustration. Sometimes just simple events of everyday life can create hurt feelings and anger that send families down the road to isolation. Each spouse sides with his or her own biological children, and then the family plummets into a kind of civil war.

But there is an exit off the road of isolation that leads to what I like to call Harmony Street.

There are mile markers along your journey that can help you identify problem areas and some ways you can bring peace even through touchy, awkward situations.

Here's a glance at one stepfamily home and their journey toward harmony.

Mile Marker 1:

The one-sided tradition

Fourteen-year-old Kari was in the kitchen making cupcakes for her younger brother's birthday. It was a valued ritual she started when he was very young. Big sister would make the cupcakes, and the two of them would eat them warm out of the oven ... while leaving the kitchen a mess.

Mile Marker 2:

The rub

Kari's stepmother, Sara, happened to enter the kitchen just as her husband came in at the same time. Upon discovering the mess, Sara gave her husband, Randy, "the look." Annoyed the kitchen was not cleaned up right away, Sara was nonverbally asking Randy—again—to get his daughter to clean up after herself.

Randy was aware Sara basically views Kari as irresponsible. But Randy views Kari as fun-loving, a good big sister, and in need of encouragement. *Besides*, he thought, *what's the big deal with the kitchen anyway?*

Randy views Sara as negative and too controlling of his kids. Sara views Randy as too permissive.

Mile Marker 3:

Choosing sides

In response, Randy spoke to Sara. He fears if she aggressively confronts his daughter, she'll make it harder for Kari to accept her. So he detours Sara's complaint. "Oh come on—it's not a big deal. Besides, I'm sure you want one of those cupcakes, right?"

Sara feels unheard, minimized, and unimportant. And Randy doesn't realize Sara is fearful Kari's feelings matter more to him than she does. This touches a deep bruise on Sara's heart: being unimportant to the man she loves.

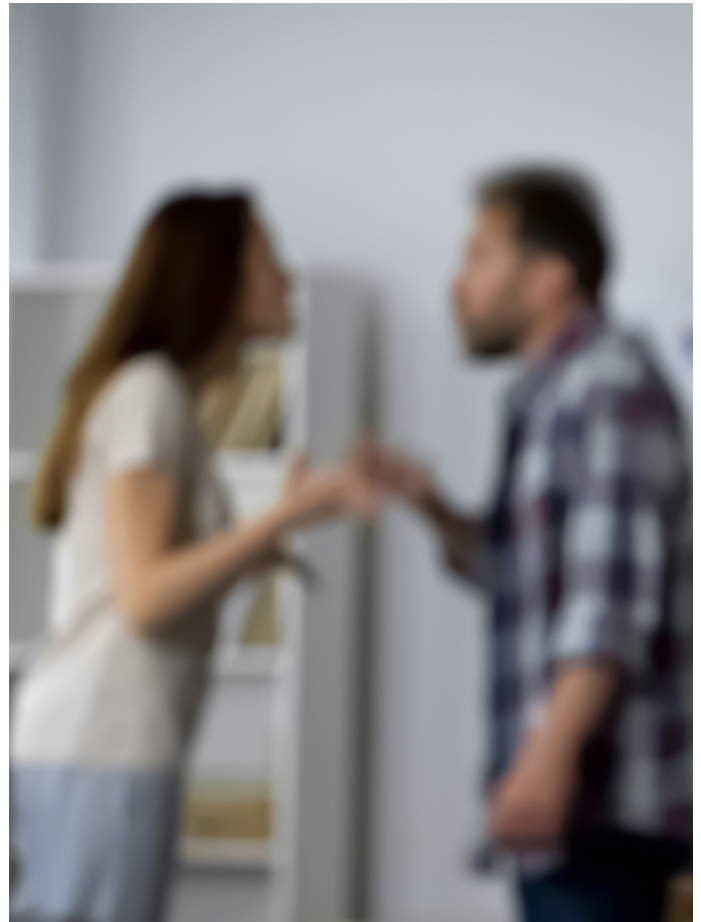
In fear and frustration, she reacts with anger and accusation. "You are afraid of punishing or expecting anything from her—and what I want has no value to you at all."

Mile Marker 4:

Identifying your spouse as the enemy

Randy is frustrated Sara can't let the dirty kitchen go, and his belief that Sara is a rigid, authoritarian parent is solidified. But even more, he feels controlled. "Sara is resorting to the same type of guilt manipulation my parents give each other," he shared with a friend.

Determined not to make his kids go through what he endured from his parents, Randy defends Kari and argues with Sara. Over time, they argue repeatedly over parenting situations like this. In no time, not only are they polarized as parents, but they find themselves many miles down the highway of isolation and fear.



Harmony Street exit

It's at this point that many couples give up, but all is not lost.

Here are some key aspects to exiting Isolation Highway.

First, both spouses must be willing to empathically listen to the other.

This could create a huge shift in the emotional direction of their home. Sara may realize her need for instant cleanliness is getting in the way of Kari's desire to be accepted by her—something Sara also wants. Randy may discover Sara has goodwill toward Kari, not hostile intent. Empathy for the goals and needs of the other may soften their hearts toward one another.



Second, both spouses must turn down the intensity of the pain from their past or they'll continue to be highly reactive.

This is where prayer and forgiveness come into the picture. There's no way to avoid baggage from the past in a stepfamily, but as Christians, you can learn to forgive your previous offenders and work on trusting your new spouse and their family.

Third, couples must realize their tendency in parenting and work to avoid extremes.

Stepparents often move toward hard and strict parenting, and biological parents tend to move toward permissive parenting. Neither is helpful. If they slowed down, were less defensive, and less argumentative with each other, they would realize their parenting philosophies are actually more alike than different. Husband and wife have to get on the same page.

Merging two cultures

Harmony Street is really just a place of common ground—merging two cultures, each with their own set of traditions and boundaries.

The exit to Harmony Street isn't easy to find. Sometimes you might get off at the wrong exit and have to find your way back. But don't get discouraged and give up! With the help of the Holy Spirit, you will have the strength to make it.

This article was adapted from "[A Roadmap to Harmony in Your Blended Marriage](#)."

At Least We Can Laugh About It?

By Lisa Lakey

He threw away my favorite outdoor blanket. I backed my car into his truck.

He washed and dried my cashmere sweater. I washed his work clothes with a permanent marker.

He tracked mud all over the freshly mopped floor. I threw a diet soda can at his head (it was empty).

During our 16+ years of marriage, my husband and I have driven each other crazy, wrecked each other's stuff, and had our fair share of squabbles. But most of these arguments were fairly minor (and completely unintentional). Minor enough to laugh about later.

And knowing the difference between what we'll laugh about (and what we won't) has made a load of difference in how I approach arguments. Because there have been fights we'll never laugh about. Pain that still sticks a little (although considerably less than at first). Marital doozies.

These arguments? These need deeper attention. They need time and space for conversation and healing.

But the other stuff? Other than throwing things

at my husband's head, those things I listed just don't need to sap our relational energy.

Your marriage, no matter how much of a fairy tale it may seem now, will have moments that need that energy. You'll need to muster up loads of forgiveness, grace, and patience. You'll need a little elbow grease to get through it.

And when that day comes, you'll laugh about those minor things you once thought were worth the energy. And you'll wish you'd have saved some up.

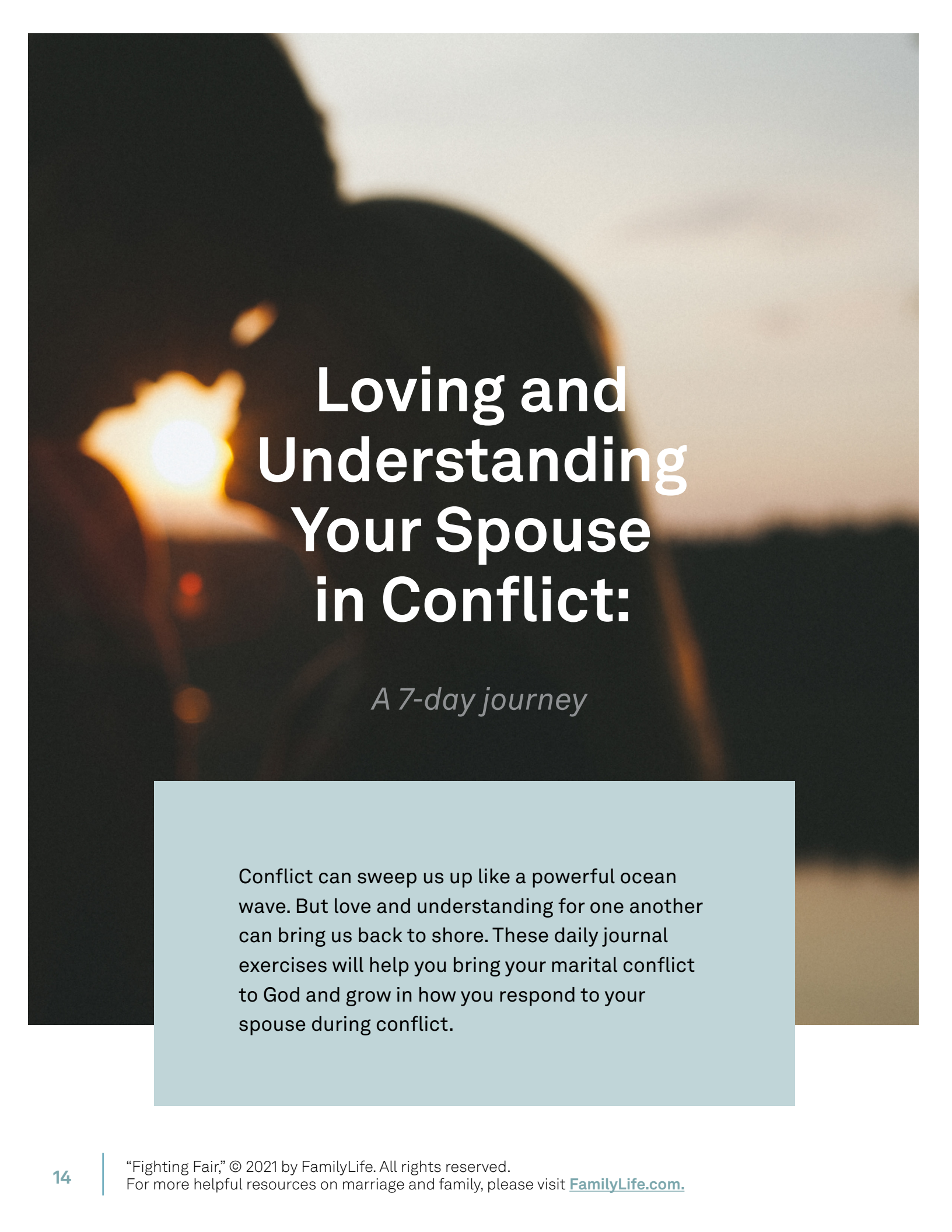
So, whenever you can, laugh about it.

The Good Stuff: For everything there is a season ... a time to weep, and a time to laugh (Ecclesiastes 3:1, 4).



ACTION POINTS:

The next time you approach an argument with your spouse, ask yourself "Is this something we might laugh about in the future?" If so, take a moment to cool off and see if you can let it go.



Loving and Understanding Your Spouse in Conflict:

A 7-day journey

Conflict can sweep us up like a powerful ocean wave. But love and understanding for one another can bring us back to shore. These daily journal exercises will help you bring your marital conflict to God and grow in how you respond to your spouse during conflict.

Day One

“Therefore encourage one another and build one another up.”

- 1 THESSALONIANS 5:11



Daily Challenge:

Over the course of the day, build up your spouse at least three times with words of affirmation. Be specific about what you love/admire/appreciate about them. Maybe this means looking them in the eyes as you share kind words, leaving a handwritten note in one of their usual places, or sending a sweet text while they're at work.



Morning Prayer:

Lord, I thank you for the ways You've uniquely made [spouse's name]. When we argue, it can sometimes be hard for me to point out the good in him/her. Help me to look for the best in [spouse's name] and to speak life into him/her. Amen.



Evening Reflection:

What was it like for you to plan intentional moments to affirm your spouse? How did it affect your thoughts and feelings about them?

How can you make words of encouragement a habit in your marriage?

Day Two

“Know this, my beloved brothers: let every person be quick to hear,
slow to speak, slow to anger.”

- J A M E S 1 : 1 9



Daily Challenge:

In the heat of an argument, it can be easy to focus on our own thoughts and feelings and to stop trying to listen and understand our spouse’s side. Make it a priority to listen to your spouse today and ask questions to learn more about how they view the world. If you’re not sure how to get the conversation going, ask them about the high and low points of their day.



Morning Prayer:

Lord, prepare me to patiently listen to [spouse’s name] today. Give me opportunities to ask questions and learn more about his/her perspective. Help me to remember that You gave both of us unique perspectives so we can grow in each other’s presence. Amen.



Evening Reflection:

What was the hardest part about listening to your spouse today? What do you think gets in the way of listening well?

Did you learn anything new about your spouse today? If so, what? If not, what is one aspect of your spouse’s life you want to learn more about?

Day Three

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

- COLOSSIANS 3:12-13



Daily Challenge:

Think about your “vault of faults” —you know, the part of your brain that contains your spouse’s past mistakes, ready to be shot out as ammo during the next big fight. It can be difficult to keep a short account, especially with recurring disagreements. Think of two to three areas where you need to forgive or re-forgive your spouse. Take these concerns before the Lord and ask Him to soften your heart in this area.



Morning Prayer:

Lord, help me to forgive [spouse’s name] just as You have forgiven me. Clothe me with compassion and kindness and heal me of any hurt I still feel. Teach me to see [spouse’s name] just as You see him/her. Amen.



Evening Reflection:

Spend some time confessing your own shortcomings to God. When you are finished, thank Him for the gift of forgiveness.

How can experiencing God’s forgiveness make it easier for you to forgive your spouse?

Day Four

“Let each of you look not only to his own interests, but also to the interests of others.”

- P H I L I P P I A N S 2 : 4



Daily Challenge:

Think about what’s most important to your spouse. What are their values, passions, and goals? Write these down and choose one from the list to prioritize today. Maybe plan a small step toward a goal (i.e. research what needs to happen to make their dream a reality), ask questions to learn about this interest at dinner, or start a “fund” jar to help save for a trip or experience on their bucket list.



Morning Prayer:

Lord, I thank you for giving [spouse’s name] unique values and interests. Help me to encourage his/her growth in different passions and goals. When we disagree, give me patience and understanding for [spouse’s name]’s perspective. Amen.



Evening Reflection:

What was it like to spend more time investing in your spouse’s area of interest today?

How do you think your spouse’s values, passions, and goals come into play during disagreements?

Day Five

“The beginning of strife is like letting out water, so quit before the quarrel breaks out.”

- P R O V E R B S 17:14



Daily Challenge:

If a disagreement comes up today, don't let tension build up like water from a dam that's about to break. Set down your boxing gloves and call a timeout. It won't be easy, but be the first to soften your tone and get to the heart of the issue. Why is your spouse upset? What do they need right now? Love? Respect? Let them know you want to help meet their needs, and gently communicate your needs as well.



Morning Prayer:

Lord, give me the strength to respond in love to any arguments that come up today. Help me to take steps toward [spouse's name] as I seek to understand him or her. Show us how to use disagreements to grow our marriage. Teach us to communicate care and appreciation for one another even when it's challenging. Amen.



Evening Reflection:

How did your daily challenge go? Was it easier or harder than expected? What did you learn? If you didn't face any disagreements, how would you like to implement this challenge in the future?

Think of a time you and your spouse grew together because of an argument—maybe you learned something about each other or were able to come to a resolution you both really liked. What are some things you did well in those moments?

Day Six

“We love because he first loved us.”

- 1 JOHN 4:19



Daily Challenge:

To love another person well, we must be filled with the source of love: Jesus. In Psalm 136, the psalmist lists examples of God’s goodness and love, followed by the praise: “His love endures forever.” Read Psalm 136, highlighting examples of God’s goodness. Write down a few examples of how you’ve experienced God’s goodness and love in your own life.



Morning Prayer:

Lord, thank You for Your steadfast and unconditional love for me. Help me to meditate on Your love and presence as I go about my day. Let my actions and attitudes toward [spouse’s name] be a reflection of the love and grace I receive from You every day. Amen.



Evening Reflection:

What was it like to reflect on God’s goodness and love? How can that affect how you view the present season of life you’re in?

How can knowing you’re loved deeply by God enable you to love your spouse better?

Day Seven

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.”

- 1 CORINTHIANS 13:4-7



Daily Challenge:

Look at the verses above. Which characteristic of love is hardest for you? Pray and ask God to help you love your spouse in this specific way. Then put it into practice. For example, if you struggle most with showing patience to your spouse, pray for patience and try to be extra patient with your spouse today. Be sure to substitute the characteristic you chose in the prayer below.



Morning Prayer:

Lord, today I pray specifically for more [characteristic of love] with [spouse's name]. Enable me to reflect [characteristic] just as You do with me. Grow me in my ability to love [spouse's name] well as you make me more like You. Amen.



Evening Reflection:

Which characteristic of love is easiest for you to embody? Why do you think that is? How can you capitalize on this strength by using it to show love to your spouse?

Reflect on your experience with growing in love today. When was it hardest to exercise the characteristic you chose? When did you have the most victories in this area?

Congratulations! You've completed the 7-Day journey to loving and understanding your spouse in conflict. We hope these exercises gave you opportunities to reflect, spend time with God, and encourage your spouse. Loving and understanding your spouse is a lifelong process. Be patient with each other and depend on the Lord to heal and grow your marriage.

But wait ... there's more!

Want more great resources to sharpen your conflict resolution skills? Check out some of the following.



Podcasts:

[How to Resolve Conflict](#)
[Speak, Solve, Seek](#)
[Speak Softly or Not at All](#)
[Conflict is Neutral](#)



Articles:

[Don't Let Bitterness Poison Your Marriage](#)
[When Your Spouse Has a Different Stress Response](#)
[6 Steps for Resolving Conflict in Marriage](#)
[Think your Marriage is Dying? 7 Things to Consider](#)
[3 Steps to Offering a Good Apology](#)



More Good Stuff!

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[Online Course: How to Talk Money in Marriage Right Now](#)
[Free daily devotions for couples: I Do Every Day](#)