Marriage-content

13

SUBJECT: A Strong Marriage: Dealing with Anger

Do you get angry easily? What about getting angry at your spouse—are you easily angered by things your spouse does (or doesn’t do)?

Everyone gets angry—even the calmest person can lose his or her temper!

Anger can be a destructive force in a marriage, but it doesn’t have to be.

Here’s today’s *Timeless Marriage Tip*:

**It’s absolutely okay to get angry at your spouse. It’s what you DO with your anger that makes or breaks a marriage.**

What does that tip actually mean? Let’s dive a bit deeper.

Anger is a normal response to certain circumstances. If your spouse lies to you, then it is normal and right to feel angry. If your spouse says unkind things, it is also normal and right to feel angry. Anger is a valid response at times.

It’s what we do with our anger that can make it destructive. When you are angry, do you lash back at your spouse? Do you give him or her the cold shoulder? These responses can destroy a marriage over time.

Make sure to respond to your angry feelings in a healthy way—a way that seeks to build your marriage and not tear it down.

Here’s to a better marriage,

ADD NAME