Marriage-content

18

SUBJECT: Take a break...

Ever found yourself in the heat of an argument with your spouse? I know I’ve been there. It’s tempting to want to stomp off, slam the door, and give the cold shoulder for the rest of the day (or week!).

But you’ve probably discovered that stomping off doesn’t really help the situation at all; in fact, it usually makes it worse.

At the same time, though, some arguments are so heated that it might actually be a good idea to take a break from the discussion. There’s a key to making that work...

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

**When tensions and emotions are running high, it’s okay to take a break from the conversation—as long as you COME BACK!**

Don’t stomp off and then refuse to discuss things any further. Don’t give your spouse the cold shoulder and mean looks.

Instead, say (calmly, if possible), “I need to take a break from this discussion right now. It’s important to me that we get this worked out, so I promise I’ll come back to the conversation soon.”

Try it—both you and your spouse might be surprised at how effective this is at defusing tension.

Here’s to a better marriage,

ADD NAME