

MARRIAGE ON TRACK™

Couples will argue. It's okay. It means you're engaged with each other and want to connect.

If your partner says something that creates the urge to defend yourself, pick a phrase from the chart below instead. Slow yourself down and after a few deep breaths, speak your truth.

21 Ways to Instantly STOP an Argument

I interrupted you. Please continue.	I am feeling overwhelmed can we talk about this later?	I am feeling defensive. Can we talk later?
I just criticized you. It happened automatically. Let's start over.	I was sarcastic. Let's start over.	I feel like I don't have any choice. Will you help me understand?
Even though I feel like running away, what I really want is to connect with you.	I am attempting to understand you. Will you please help me?	I feel like I'm unattractive to you and therefore not desired.
I feel angry, and don't choose to be loud with my voice. Let's come back to this conversation in 5 minutes.	Wait a minute, I'm focusing on being right and not listening to you. Let's start over.	My feelings can get easily hurt and I know I attacked instead of saying what I was really feeling. Let's start over.
I have no idea what I'm feeling, can we stop and talk?	I am feeling afraid and I don't know what to say.	I feel criticized by you right now. Do you feel that I do that to you as well?
I feel powerless.	I don't feel understood right now.	I feel worried.
I choose to love you better.	I feel really sad right now.	I feel what you just said is unfair. Can we talk about it?

I have another gift for you!

A **FREE** 60-minute **Let's Talk Session**

[Click here](#) to schedule your complimentary call with me... Derek Hart

www.UnderstandEachOther.com

