

GUIDE TO ENGINEER MARRIAGE CONVERSATION

Grab this sheet before going in!

1. Make a Plan

What is the topic, and what is the goal?

2. Hold Hands

Communicate warmth with your body.

3. Speak Slowly

Especially if temperatures are rising!

4. Breathe before Speaking

And give time for the other to also.

5. Honor the Pause

Resume what's actually important.

Going Deeper - For Men

Start with positive intentions.

We men can easily trick ourselves to ignore the parts that are still angry. Forgiveness, mercy, and the choice to love are critical before any words are said.

Maintain connection and affirm the relationship.

It is possible to win an argument but lose far more. Start by affirming how important unity and connection are, then demonstrate it continuously. Choose "her" over "being right" but don't compromise yourself or your integrity.

Be vulnerable but solid.

Women want to know you have feelings, but they also want to know you have a stone foundation underneath. Share your fears, concerns, and worries, but also maintain your faith that God has the best plan.

Be curious about what's underneath.

If she's feeling hurt or angry, she will rarely use plain English to describe what's really going on. A harsh accusation or unfair judgement often conceals a more tender wound underneath. Ask with gentle curiosity.

Take ownership for what you did wrong.

We don't win others hearts by pointing fingers of accusation. If you are even slightly wrong in a situation, discuss that before attempting to discuss her mistakes.

Find common ground.

Problems are rarely as big, as terrible, or as urgent as they seem. Often times it can be enough to simply find a solution that is "Good enough for now." You can continue to refine it as the situation evolves - but often problems work themselves out too. Commit to proactively deal with it in the future as it comes up!