

WHEN CONFLICT HAPPENS IN MARRIAGE

A Simple Guide to Handling Disagreements in a Healthy Way

Divine Grace Coaching

First, Remember This:

Healthy marriages are not conflict-free marriages.

Every couple disagrees.

The goal is not to avoid conflict altogether. The goal is to learn how to navigate conflict in a way that protects connection, builds understanding, and strengthens the relationship.

Conflict handled well can actually bring couples closer together.

5 HEALTHY CONFLICT HABITS

1. Slow Down Before Responding

When emotions are high, it is easy to react instead of respond.

Before speaking:

- Take a deep breath
- Pray if needed
- Ask yourself, "Am I trying to understand or win?"

A calm conversation is usually more productive than a heated argument.

2. Address the Issue, Not the Person

Instead of:

"You never listen to me."

Try:

"I don't feel heard when we're discussing important things."

Focus on the behavior or issue rather than attacking your spouse's character.

3. Listen to Understand

Many couples listen while preparing their response.

Healthy communication requires listening to understand your spouse's perspective.

Ask:

- Help me understand what you're feeling.
- What did you mean by that?
- Is there more you'd like me to know?

Understanding does not always mean agreement, but it builds connection.

4. Stay on One Topic

Avoid bringing up every hurt, frustration, or mistake from the past.

Address one issue at a time.

When couples stay focused, solutions become easier to find.

5. Look for Resolution, Not Victory

Marriage is not a competition.

If one person wins and the other loses, the relationship loses.

Healthy couples ask:

- How can we solve this together?
- What compromise can we make?
- What does moving forward look like?

Remember: You are teammates, not opponents.

CONFLICT CHECK-IN QUESTIONS

When conflict arises, ask:

- What am I feeling right now?
 - What is my spouse feeling right now?
 - What is the real issue beneath this disagreement?
 - What does my spouse need from me in this moment?
 - What would love require of me right now?
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SCRIPTURE FOR REFLECTION

"Everyone should be quick to listen, slow to speak and slow to become angry."

James 1:19

THIS WEEK'S CHALLENGE

The next time a disagreement occurs:

- ✓ Pause before reacting.
- ✓ Listen without interrupting.
- ✓ Stay focused on one issue.
- ✓ Look for understanding before solutions.
- ✓ End the conversation by sharing one thing you appreciate about each other.

Small changes in how we handle conflict can create significant changes in our relationships.

Need Additional Support?

The Covenant Alignment Intensive is a personalized relationship assessment and 90-day roadmap designed to help couples improve communication, identify unhealthy patterns, and create intentional next steps toward a healthier relationship.

Learn More:

Divine Grace Coaching

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Guiding Couples With Grace