

May 10, 2012

Argue Responsibly

Everyone knows that disagreements are part of every relationship. But did you know that there's a right way to argue, and that doing so can ultimately make your relationships stronger?

Here are some tips from the *Wall Street Journal* for turning angry arguments into something more productive:

- Talk about problems. Ignoring issues won't make them go away.
- Cool off. Choose a time to return to the discussion after emotions have subsided.
- Be flexible. Changing your position isn't "losing."
- Choose your words carefully. You can't take them back.
- See things from the other person's point of view.
- Don't assume you know what your partner is thinking.
- If you can't find a solution, agree to disagree.

Above all, treat one another with respect.

A soft answer turns away wrath, but a harsh word stirs up anger. (Sirach 15:1)

Jesus, our Redeemer, teach us to act with calm and grace in the face of disagreement.

Excerpted from [Three Minutes a Day, Volume 46](#). © The Christophers, 2012.

[The Christophers](#) - It's better to light one candle than to curse the darkness
5 Hanover Square, 11th Floor, New York, NY 10004
Phone: (212) 759 - 4050 | Fax: (212) 838 - 5073 | Toll-Free Orders: (888) 298 - 4050
E-mail: mail@christophers.org
[Privacy Policy](#) | [E-mail Preferences](#)

Received from: Jack's sister, the actor Marianne Muellerleile.