

# Reconnect After the Fight

Have you ever had a tiff with your mate, made decisions from that sour mood, only to regret it later? The mind-set you have during a tiff is not the same mind-set you will have later. Consider the following ideas to reconnect:

**First, give up being right.** Being right, or self-righteous, has no place in relationship and certainly will not yield connection. Pride causes us to distort what is happening. Pride tells us to hold out for our own way. Humility, by contrast, seeks connection. Humility remembers that we can only control our side of the street and have no business trying to manage our mate's emotions or thoughts.

**Second, seek emotional balance.** Anger and hurt create emotional imbalance. Our thoughts swirl and we cannot think straight. Our brain chemistry changes, fueling this imbalance. Deep breathing, prayer, seeking calm and kind thoughts will allow us to return to emotional equilibrium, enabling us to think straight which leads to better decision-making.

**Third, make decisions very carefully.** Knowing that we are emotionally intoxicated, we must proceed slowly and cautiously. We step outside ourselves and perhaps even smile, knowing we are in a mood and incapable of clear thinking. There will be plenty of time to talk to our mate about the issue from a healthier, more balanced position. Now is the time to slow everything down.

**Fourth, choose to love.** Scripture tells us that love does not seek its own way, but strives to extend ourselves for the other's well-being. What if we could pray our way to loving our mate? The Lord will guide and direct us as we seek His guidance.

**Finally, enjoy reconnection.** We were made for loving relationship. Scripture implores us to love one another. We are never taught to be self-seeking, but in fact are encouraged to place others needs above our own. This cannot be done from a small, wounded heart. Choose love and reconnection when tempted to harbor hurt.

– Condensed from Dr David Hawkins' March 8 conversation on KKLA Los Angeles, transcript at [kkla.com/marriage/11751223](http://kkla.com/marriage/11751223)

How's about taking your marriage up a notch? Get a copy of the book *Fun Loving You* by Ted Cunningham and read it together; have fun.



## RESOURCES FOR COUPLES

**Your marriage can be one of your life's most rewarding relationships. Get it on!**

It's a challenge to build a strong, God-honoring relationship. But so worthwhile! Whatever your age, whether dating, engaged, or married, there's a class or seminar for you.

**The Weekend to Remember** is a great way to renew your love and commitment to one another, to reminisce all the reasons why you married, to restore a little romance in your relationship. Apr 8-10 in Bellevue, WA. Save \$100 when you register using the group "MarriagePDX." Details [WeekendToRemember.com](http://WeekendToRemember.com).

**Couples Conference** Shane and Phillis Womack expertly lead guests through a frank, honest and biblical study of The Song of Solomon we call the Solomon, Sex and Marriage conference. Their skillful presentation is lively, full of content, interesting, and sprinkled with humor and personal stories. At Cannon Beach Conference Center Apr 15-17. Details [cbcc.net](http://cbcc.net)

**Marriage Redeemed** is a conference to guide couples on their recovery journey. We will provide you with an opportunity to learn from four couple's that have tested and developed the topics in their own marriages and have found success in "Learning a New Dance". Apr 16 at Mountain Park Church, Lake Oswego. Details: (503) 655-5534

**Marriage Encounter** Rediscover the spark that was there on your wedding day! Rediscover the best friend you had when you were first married! Join couples worldwide who have learned how to keep their marriage vibrant! Sponsored by Catholic Church. Apr 29-May 1 in Powell Butte, or May 27-29 in Beaverton. Details call James & Marisol Carter (503) 853-2758

**Have fun! Date often, maybe weekly?**

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**Every Marriage Matters**

*Advocates for Healthy Marriage*

Check out additional resources at [www.EveryMarriageMatters.org](http://www.EveryMarriageMatters.org)