



## Destructive Communication

- 1- **Telling your mate nothing is wrong, when there really is.**
- 2- **Withdrawing, sulking, doing things to irritate your mate.**
- 3- **Trying to punish your mate with silence.**
- 4- **Criticism and Dishonor.**
- 5- **Verbal Abuse.**
- 6- **Being Dishonest**

*Ephesians 4:26-27 - "In your anger do not sin"  
Do not let the sun go down while you are still angry,  
And do not give the devil a foothold.*



## Principles to Help You Resolve Conflicts

- 1 – *Deal with conflicts on a Daily Basis.*
- 2 – *Deal with conflicts in a Positive Manner. Show love.*
- 3 – *Confront in a Humble Manner. Be a peacemaker.*
- 4 – *Listen to What They Say. Honor them & what they say.*
- 5 – *Resolve the Issue. Forgive and Pray.*

*All couples have conflicts. Human nature  
Is selfish. Couples that have harmony are not  
Identical, they have just learned how to  
Handle their differences.*



### *Increasing Your Husband's Desire to Spend Quality Time With You*

- 1 - Admire Him
- 2 - Show a Positive Attitude
- 3 - Have an Inner Beauty
- 4 - Have a sense of humor
- 5 - Show Gentleness
- 6 - Seek His opinion

### *Words of Wisdom for Women*

- 1 - It's only through Christ we can submit.
- 2 - Do not forget the virtues of good humor. (Prov. 17:3)
- 3 - Coddle your husband for every man loves to be fussed over.
- 4 - Don't talk about your husband negatively to family or friends.
- 5 - Reflect inward and outward beauty.
- 6 - Let your husband know you appreciate him
- 7 - Show an interest in some things your husband is interested in.
- 8 - Honor your husband. Sarah honored her husband and God blessed her.
- 9 - Try to understand his feelings
- 10 - Be a helpmate

*Prov. 12:4 - "The wise woman builds her house but the foolish tears it down with her own hands."*