



# Living Well

## Marriage: Arguing vs. Disagreeing



Ed Edwards  
President

Donna Edwards  
Executive Director

March 2016

### Disagree ....

Check out these websites for more information:

- For more information about the ministry - [www.livingwellokc.org](http://www.livingwellokc.org)
- Photos and writings about the ministry - [www.livingwellokc.blogspot.com](http://www.livingwellokc.blogspot.com)
- Encouragement/culture on marriage - [www.livingwellinmarriage.blogspot.com](http://www.livingwellinmarriage.blogspot.com)
- Wisdom Community School - [www.wisdomcommunityschool.com](http://www.wisdomcommunityschool.com)

*Is there a difference between arguing and disagreeing?*

We ask that question regularly to couples. They all say "yes." The next question is "What is the difference?"

We get all kinds of answers to that question. They usually have to do with tone, attitude, and high emotions! [see back]

*Is disagreement bad?*

No, disagreement is normal. There is actually a serious problem if you never disagree in your marriage. That is not to say that you don't eventually come to an agreement on some issues or that the issue becomes a non-issue.

**Two people**, no matter how much they love each other and care

about each other, **will see some issues from different viewpoints.**

It doesn't mean that one is right and one is wrong. It means that **you are different.** You have different personalities and difference experiences. You will have different opinions.



**Those different opinions can add to the richness of life and the relationship. .... If you let them!**

You may remember the classic story of asking six blind men to describe an elephant. They each

touch a different part of the elephant - tusk, leg, trunk, ear, belly, and tail. Each described something completely different but they were all correct in the description of what they felt.

Often, there is **more than one right answer** or more than one right way to do something.

**Early in marriage**, couples often disagree about things such as how you load the dishwasher, how you fold towels, or how to hang a roll of toilet paper. There is not a right or wrong way to do any of those tasks.

**We can agree to disagree on some parts of marriage.** We can learn to understand each other better. But there are some differences that need to be resolved.

On the reverse side:

Arguing

Under the Surface

### My Speech ....

*In every disagreement in your marriage, remember that there is not a winner or loser. You are partners in everything, so you will win together or lose together. Always work together to find a solution.* Dave Willis

**I approach the disagreement as a problem to be understood or solved, not as a battle to win.**

When we disagree, the way we speak is critical. A disagreement can quickly

escalate if the volume increases or the tone of voice changes.

**If I keep my volume the same, the pitch and tone the same, then my words can be heard more easily.**

Then, I use kind words. **A gentle answer turns away wrath, But a harsh word stirs up anger.** Proverbs 15:1

**Pleasant words are a honeycomb, Sweet to the soul and healing to the bones.** Proverbs 16:24