

## Six Simple Rules for Quarreling Married Couples

- Fight with good will, knowing that you are on the same side.
- Fight with the purpose of understanding.
- Repeat back what you are hearing to check for accuracy.
- Stay on the topic, putting aside what happened last year or forty years ago.
- Refrain from name-calling and words like “always” and “never.”
- Own your own feelings and thoughts, refraining from telling each other what the other thinks.

From *Building an Orthodox Marriage - A Practical Commentary on the Eastern Orthodox Marriage Rite*

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