

How to Pause a Difficult Conversation with Your Spouse

Dangers:

- You pause so that you can prove to be the better person.
- It could be a way of controlling the discussion and your spouse.
- It can be a way of preventing your spouse from disagreeing with you and/or speaking freely to you.



If you honestly think through your motivations (maybe asking your spouse for input), and these dangers don't apply, then consider how best to institute a pause.

Guidelines for Pausing Conversations:

- It's understood to be an unusual activity. It cannot be a regular discussion tool.
- The process is described beforehand and agreed to by both.
- No pausing to avoid disagreement. That's not a reason to pause.
- The person sinning ultimately calls the timeout. Not the person sinned against. And especially not the person presuming the other will sin before they've sinned.
- You have to be willing to have difficult conversations with heightened emotions. Your spouse must know that you will let her disagree.

