

Tips for couples who want to stay married



Here is a list of communication dos and don'ts from the Academy of Matrimonial Attorneys Web site:

- Stop trying to win arguments and work on solving the problem.
- Really listen to your spouse, and don't immediately jump into an argument before you hear him or her out.
- If you feel like your spouse is misunderstanding you, then take the time and energy necessary to explain yourself.
- If you can't solve your problem, respect the other person's opinion anyway.
- Talk about issues that are important to you both.
- Forget things and move on. Be fast to forgive.
- Always be sincere. If you say something, but your body language or tone of voice conveys another message, then trust will be hard to build.
- Say what you mean, and say it clearly.
- Never go to bed mad. Stay with the issue and solve it before you go to bed.
- Don't speak in rude or disparaging ways to your spouse. Don't criticize your spouse in front of others.
- Don't let your emotions guide your behavior.
- Don't get into arguments about things that happened in the distant past.
- If your spouse disagrees with you, don't assume that he is attacking you.