

Relationship Tip of the Day



Instead of “Why?”

Instead of asking “why” your spouse, friend or family member is angry (or any other negative emotion), try this. Ask, “ARE you angry?”

Why is this a better question? It is because no one likes being told how they feel, and sometimes our assumption is incorrect.

The next words you might hear could be, “I’m not angry,” which could save you from an argument. If the person says that he/she is not angry, DO NOT INSIST.

“Yes, you ARE angry,” we might foolishly reply. This usually escalates the situation.

It is unfair to insist that you know how someone feels. Even though you might be correct, accept the answer, and go on with your day. Don’t add wood to the fire. Instead, offer your assistance, “Is there anything I can do to help?” Or simply do something nice for Mr. or Ms. Grumpy.

As the Bible says, “Where no wood is, the fire goes out.” You can’t keep others from stoking the flames, but you can control YOURSELF and refrain.

Proverbs 26:20

Where there is no wood, the fire goes out;

And where there is no talebearer, strife ceases.

Proverbs 15:1

A soft answer turns away wrath,

But a harsh word stirs up anger.

These words of wisdom are miraculously true. Employ them and see the difference they make.