





3 Things to Think About Before Approaching a Difficult Conversation



1. Acknowledge the difficulty of having the conversation. Express how hard it is to talk about this subject to your spouse. It'll soften the topic and take away that heavy feeling.

2. Have the conversation at a good time and place. Make sure your spouse is in a talkative, sharing mood before trying to have this difficult talk. Otherwise, all your good efforts go to waste.

3. Take a time out if you two need it. This is a respectful way to stop the toxic behavior and words from happening. It also gives you both a chance to cool down and think about what you really were trying to say.



What will you do differently?