

VERTICAL MARRIAGE

“Fight Like a Man”

STYLES & PATTERNS

WIN

YIELD

WITHDRAW

RESOLVE

SHUT UP

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

James 1:19 (NLT)

SOFT ANSWER

A gentle answer deflects anger, but harsh words make tempers flare. **Proverbs 15:1 (NLT)**

“Contempt is the single best predictor of relationship breakdowns. Contempt is an attitude of superiority, speaking down to your partner through name calling or direct insults. The critic diagnoses the problem as a defect in their spouse and sees their relationship in terms of what’s missing instead of focusing on the positive things about their spouse and their relationship.” - John Gottman

SEEK FORGIVENESS

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31-32 (NLT)

“To forgive is to set a prisoner free and discover that the prisoner was you.” — Lewis Smede

SURRENDER