



# HOW TO Communicate with Your Spouse Without Fighting





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I created this guide to help you navigate difficult conversations with your spouse ... without having them turn into a fight.

Communication is so important in your marriage. You CAN make lasting changes that will improve things for the better.

Don't get overwhelmed by the content in this document. Try different strategies and find what works for you and your spouse.

This document is intended to be a reference guide you can quickly refer to. For more details on how to communicate without fighting, [refer to this blog post here.](#)



# What **NOT** To Do

- Don't place blame
- Don't let misunderstanding get carried away
- Don't talk over or interrupt your spouse
- Don't bring up past grievances
- Don't let your pride get in the way
- Don't minimize your spouse's feelings
- Don't use sarcasm or name calling



# Things to Keep in Mind

- You can change your mindset.
- You married your spouse for a reason. Remember that.
- Things can get out of hand quickly if you don't calm down first.
- Things said in anger can hurt.
- Your **feelings** are ok.
- Your **actions** need to be respectful if you want your spouse to truly listen.



# How to Communicate

- Learn your communication styles
- Calm yourself down
- Choose the right place and time
- Feel your feelings
- Work on your emotional intimacy
- Empathize with your spouse
- Reflect on what's working well and what needs work
- Use "I feel" statements



# More Resources

[How to feel your feelings](#)

[Understanding your communication styles](#)

[22 Ways to calm yourself down](#)

[How to feel your feelings](#)

[Signs your marriage lacks emotional intimacy](#)

[How to build emotional intimacy in your marriage](#)

[How to stop fighting with your spouse over parenting](#)

[Toxic marriage communication problems and how to fix them](#)



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The information contained in this document is for general informational and educational purposes only. It is not intended to be a substitute for professional advice, diagnosis, or treatment provided by a qualified mental health professional.

The authors and distributors of this document make no representations or warranties with respect to the completeness, accuracy, or timeliness of the content contained herein. This information should not be used in place of a consultation with a licensed counselor, therapist, or other qualified healthcare provider.

If you are experiencing marital difficulties or any related concerns, we strongly encourage you to seek professional guidance.

For further information, please consult with a mental health professional or visit the following resources:

[National Alliance on Mental Illness \(NAMI\)](#).  
[American Association for Marriage and Family Therapy \(AAMFT\)](#).