## How to handle critical Spouse:

Change what you can change, Let it go what you can’t change.

*Any fool can criticize, condemn, and complain but it takes character and self-control to be understanding and forgiving.*

— Dale Carnegie

## Be Aware of How You React

One our most common reactions to attacks is the automatic fight or flight response. To fight is to literally provoke an argument by **hurling a barb back** at your spouse. Flight involves disengaging, whether by physically leaving the room, or pulling away emotionally. Both responses only serve to prolong the tension between you and your partner.

A better choice to try is what author Yehudis Karbal calls the Pareve Response—a method of acknowledging the comment your spouse makes while remaining neutral yourself. It shows you are listening to the other person while taking the time to calm down before addressing the criticism directly. These responses are kinder and more productive for both parties. They avoid engaging in power struggles and offer a refreshing approach to solutions instead. I have included example critical comments below as well as the appropriate Pareve Response.

| **Critical Criticism** | **Pareve Response** |
| --- | --- |
| "You don't keep this house clean enough." | "You may be right." |
| "We have to get a newer car." | "That's something to think about." |
| "I wish you were more like my mom/dad." | "I don't like doing comparisons." |
| "Where did you get that idiotic idea from?" | "Im not sure." |
| "You're messy. You need to get your act together." | "I've noticed that too." |

## What Not to Do When Dealing With Your Partner's Criticism

* **Avoiding the Urge to Fight Back** - Countering from a reactionary stance sends the message that there is something to prove to your spouse.
* **Never Take the Blame for Your Partner's Unhappiness** - Reclaim your identity by becoming less dependent on their approval.
* **Don't Set Yourself Up to Be Criticized** - Not delivering on promises and putting others down is a sure fire way to invite criticism (warranted or not.)
* **Don't Focus Entirely on the Negatives**- Obsessing over the negative will only compound the issues between you and your partner. Practice counter-balancing the negative with positive thoughts and tendencies.

<https://pairedlife.com/problems/How-to-Deal-With-a-Spouse-Who-Constantly-Criticizes-You>

# 8 Practical Tips to Stop Fighting With Your Spouses

1. stop swearing.
2. Look at old pictures of the two of you together.
3. Remember the beginning of your relationship.
4. Try and picture your life without them.
5. Reflect: do you have a pattern of doing this?
6. If you are in a bad mood, back off.
7. Take a break.
8. Remember why your relationship is worth saving.

**Persuasive skills**

**Winning people Trust**

# Solving conflicts:

**Story: Leave the Dead Rat**

There was the eagle flying in the sky, She saw the dead rat on the ground, She picked the that rat and

Start flying but in a while hundreds of other eagle stat following her and start attacking her .

This eagle was clue less what is fault why am I being attached in the tussle rat slipped from eagle mouth.

All other eagle stops attaching the eagle and straight away to went to pick dead rat.

Eagle gather himself and made him cool and calm and watched how other eagle were attaching each other than she realized It is not her , It was that dead rat reason for her being attached .

Friends’ greed is our enemy; it makes us vulnerable for many problems. Whatever greed may be leave it

Tips

1. Leave the Ego ,
2. Leave the Greed
3. Leave the dead Rat

**Story: Leave the Ego**

# How to Stop Worry

This means you can banish about 90 percent of your worries by taking these four steps:

1. Write down clearly what you are worried about.

2. Write down what you can do about it.

3. Decide what to do.

4. Start carrying out that decision — immediately.

## Rest Before You Get Tired