

Marriage is something needs to be carefully nurtured like a flower; it shall be as the seed soweth. If both husband and wife *invest* positivity in each other, outcome follows as what had already invested. Couples have to learn to unite together resolve conflicts together rationally. Unlikely most couples in our current complicated society seeking for own conveniences. People ruined their relationship and marriage for the sake of their conveniences. If couple choose an attitude of respect toward each other, couples are less likely to allow to get caught up uttering condemning, harsh, cruel words. Selfishness is opposite of love. Selfish people seek to impose their will on others. Selfish people manipulate. Selfishness and love working together ultimately impossible as making right and left pointing the same direction, no neutral ground, either Love or selfishness. As expressed with great understanding, *Gary Chapman* writes:

*“Love does not demand its own way but seeks the well-being of the one loved. It is an attitude of love moves us toward resolving conflicts. The attitude of demanding our own way leads only to arguments.”* – Everybody wins; the chapman guide to solving conflicts without arguing, p35.

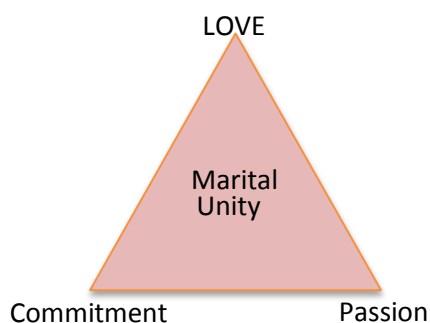
Empathetic listening begins when you affirm the importance of your marriage and relationship. If couples do not consciously remind themselves that they are a *listener*, then they will likely revert to being an *arguer*. One of the most significant purposes of the empathetic listening is to make sure that couples knows that he or she has been *heard*.

Empathetic listening creates a positive emotional climate. Arguing creates negative emotional climate. Marital conflicts are resolved more easily when

the climate is friendly rather than adversarial and argumentative. Many couples argue about rather than resolving them because they never come to learn and understand each other's point of view. Conflicts are inevitable. Most couples found themselves in trouble resolving any conflicts by spending their energy promoting their own perspectives rather than seeking to *understand* their spouse's perspectives. These are the four objective of understanding. *Know* what your spouse is actually saying. *Listen* to your spouse's feelings. *Discover* what is truly important to your spouse and why it is important to him or her. *Determine* how strongly your spouse feels about his or her perspectives.

A husband and wife who understand and love each other can focus finding a mutually agreeable solution rather than condemning each other. They are friends, partners, lovers, one body, husband-wife, not enemies. Together, they will find a positive solution. Many couples do not understand that love is a choice and not a feeling; it is a decision to look out for the best interests of their spouse. Marital unity happen when couples accept each other's weaknesses, understand that love is an attitude rather than feelings, more affection, sacrifices, selfless, and understand each other.

Marital unity is built on the foundation of love, passion and commitment.



“Marital conflicts are inevitable; arguing is not even a healthy option. Understanding, empathetic listening resolves conflicts; hence, arguments intensify the conflicts and lead to adversaries and turn into hopelessness.”

Marriage is designed to meet that *need* with the individuality comes a deep need for intimacy. A husband and wife come together with their differences to form a team where each will use his or her strength to help the other, and together will use their abilities to make the world a better place to live.

Conclusion:

Marital conflicts never something sinister, rather an opportunity to demonstrate love, respect and admiration for each other.