



# Dr. Tracy's Counseling Services

20 years of experience

**Q:** My husband and I argue all the time. Is there any hope for us?

**A:** Yes, if you are both willing you can change how you interact with one another. If there are underlying resentments or past issues that have never been addressed it can be more difficult. Start with some ground rules regarding how you will speak to one another, especially if you have children:

1. Try and keep calm. Force yourself to talk in an even tone and avoid shouting. You will never solve anything if you are both screaming at each other. Name calling is unacceptable.

2. If you cannot lower your voice or the argument gets too heated, step away for a bit and take some time to cool down.

3. Try to stay on the topic. Often the argument goes off on a tangent and you forget the original problem and bring in past grievances.

4. Listen to your spouse. Take the time to hear what they have to say without interrupting.

5. Find something that you can both agree on. It is important to compromise.

6. If an argument does arise, remain calm. You will be surprised at how your calm demeanor will rub off on them.

7. Let them know how much you love them and how much you hate arguing with them. You both need to make a commitment to stop bickering and stick to it.

Hurtful words are difficult to forget and forgive. Think before you speak and always make sure your children are not within earshot of your arguments or your heated discussions. If you cannot work it out on your own, you may need to seek out professional help.

*Specializing in the treatment of:*

**Anxiety and Depression ~ Addictions**

**Trauma and Grief ~ General Coping Issues State**

**of Iowa approved DUI Assessor**

**Parenting a Special Needs Child**

**Women's Issues ~ Workplace Stress**

**Most insurance accepted.**

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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