

FamilyLife Blended® Radio Transcript

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Deal With Problems as They Arise (day 3 of 5)

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Ron: All this week we've been talking about reducing the cholesterol in your marriage. Today's tip: Deal with problems as they arise.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: "Hi, I'm Ron, and I'm a natural conflict avoider." Okay, yes I know this isn't a 12-step group but if you're like me you'd really rather avoid conflict than deal with it. So you need to know something. Avoiding it only makes things worse.

My research clearly shows that stepfamily couples who are struggling are much more likely to avoid their issues which just builds resentment. But healthy couples deal with problems as they arise and they take seriously the process of solving those problems together. I had to learn that skill and boy has it helped my marriage. All couples have conflict. The question is: is it managing you or are you managing it? For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended® with Ron Deal is a production of FamilyLife.

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