

## QC0015SN - The Sands of Time

Difficult discussions in marriage can quickly get heated. They heat up when...

- When you don't feel heard or understood.
- When you keep getting corrected and interrupted.
- When you can't get a word in or you withhold your views.

If this happens regularly in your marriage, then this simple little technique I call "The Sands of Time" will help you get through and improve upon those times.

This technique is not meant to solve all disagreements. It's merely a way to help spouses feel heard and understood. When this happens, problems and conflicts are much easier to address.

*The following is a link to one place where you can find the 30 second timers referenced in this podcast:* [https://www.amazon.com/Teacher-Created-Resources-Second-20692/dp/B01AXBH9KY/ref=sr\\_1\\_8?dchild=1&keywords=30+second+sand+timer&qid=1603656562&sr=8-8](https://www.amazon.com/Teacher-Created-Resources-Second-20692/dp/B01AXBH9KY/ref=sr_1_8?dchild=1&keywords=30+second+sand+timer&qid=1603656562&sr=8-8)

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