

The Words We Choose

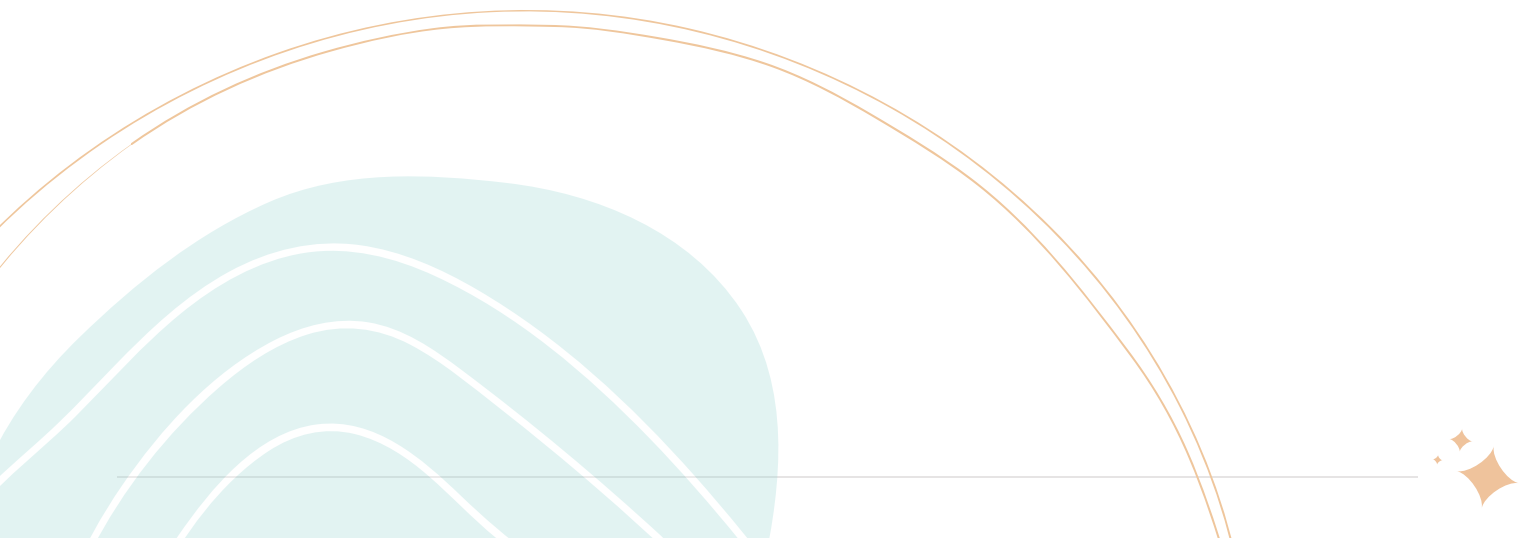
20 Phrases that Strengthen (or Weaken) Your Marriage

Whole
happy
free

The Words We Choose

The words we speak—especially in close relationships—hold power. In moments of stress, emotion, or miscommunication, we may use language that unintentionally disconnects us from our spouse. Even well-meaning words can land the wrong way if they carry blame, defensiveness, or shutdown energy.

That's why we've created this side-by-side chart. It highlights common phrases we often hear couples use—phrases that can either invite connection or unknowingly create distance. Use this guide to reflect on your current patterns and explore more intentional ways to speak that align with the kind of eternal, connected marriage you're building.



Phrases That Strengthen

1. What are you feeling right now, and how can I support you?
2. I so appreciate.../Thank you for...
3. How can I make things easier for you today?
4. How can we work through this together?
5. I'm sorry, and I take responsibility for...
6. I hear you.
7. I often feel... when...
8. Let's take a break and come back to this when we're both calm.
9. You matter to me, and I care about how you feel.
10. I love the way you...

Phrases That Weaken

- Why are you so emotional?
- You never appreciate anything I do.
- That's not my problem.
- You deal with it.
- I only did that because you...
- Whatever.
- You always... / You never...
- I'm done talking about this.
- I don't care.
- Why can't you be more like.../
You're just like your [parent].





The words we use every day shape the emotional tone of our relationship. They can either open the door to connection or quietly build walls of misunderstanding and distance. As with anything meaningful, what we plant in our relationships, we eventually harvest. We invite you to be intentional—choose words that create safety, invite closeness, and reflect the kind of relationship you want to build.

That said, we know no one gets it right all the time. In stressful or emotional moments, it's easy to say something you don't mean or that doesn't come out quite right. That's why we've included a bonus guide with 5 quick ways to repair when you've said the wrong thing—because repair is just as important as intention.

And if you're ready to keep growing, we'd love to invite you to our free marriage workshop:

Divinely Aligned: Communication for an Eternal Marriage

April 30th at 8 pm MT

Register [HERE](#)

Click the link above to save your spot. We'd love to see you there!



Bonus Guide

5 Quick Fixes When You've Said the Wrong Thing

1. Pause and Acknowledge It

Say: "That came out wrong—can I try again?"

This simple acknowledgment disarms defensiveness and shows self-awareness.

2. Name the Emotion You Were Feeling

Say: "I was feeling overwhelmed and took it out on you. That wasn't fair."

Naming your emotions helps take ownership and humanizes your response.

3. Validate Your Partner's Reaction

Say: "I can see how that hurt you. I would've felt that way too."

Even if unintentional, validating their experience shows empathy.

4. Offer a Repair Phrase

Say: "I didn't mean to hurt you. What can I do now to help make this right?"

Repair attempts create bridges where hurt created gaps.

5. Use the Moment to Grow

Say: "This helps me see where I need to be more careful. I'm working on it."

When mistakes become growth moments, trust deepens over time

