

## When Gary & Norma Smalley Disagree:

In the Focus on the Family broadcast, *Guarding Your Married Heart*, Gary Smalley observed: “I married a woman who is exactly the opposite of me. She gets energy from routine, I get energy from change. So that we disagree every day!”

So to counteract this daily conflict, the Smalleys developed a simple three-step process that they follow whenever they disagree about something:

1. We listen to each other carefully
2. We try to understand each other as deeply as we can — our feelings and our needs
3. We try to find a solution that we both love

As Gary Smalley concludes: “I’m not looking for my way to be done at all anymore. And she’s not either. We honor each other enough where we’re going to get a solution that we both love. And so we walk in harmony.