

Breaking the 'Ice' - July 2025

LWCC Marriage Ministries Email for July 2025

Greetings again from the Marriage Ministries Team at LWCC. Isn't it amazing how quickly our outlook can change when, in the middle of bleak cold winter days, the sun finally comes out again. Those frosty mornings are so much easier to manage when we are able to know we have a wonderful sunny day ahead.

After some interesting feed-back from last month's contribution, I felt it worth following on with some further thoughts about working through those 'rare moments' that catch us all out '*occasionally*'.

I'm sure most of us know something about those times after a negative interaction, disagreement or argument, when you walk away with things still a bit unresolved, and tension lingers. The vibe feels cold, strained, or just "off." Maybe you're not actually still mad at each other, or fighting for that matter, but there's just a sense of uncomfortable distance or silence between you. You might both be wondering if the other person is still angry, or you're struggling with being the first person to "*give in.*"

It's tempting to deal with this dynamic by just letting things get back to normal - let's face it, it usually does in time. You can't stay cold toward each other forever, right? On the surface, it might seem like all is forgotten, and everything is fine. However, when things are never fully repaired between you, we often forget that, under the surface, leaving the situation like this causes resentment to fester, ultimately eroding your emotional connection and inevitably, damaging your relationship. The alternative, of course, is to be proactive about '**breaking the ice**' between you, so that you feel closer after a disagreement, instead of the opposite. The problem is, it's not always easy. It's hard to know what to say, and sometimes our own pride and human tendencies can get in the way. That's where we hope, the following tips may be of help.

Check your ego at the door:

One of the biggest obstacles we often face when it comes to initiating reconnection after a disagreement or argument, is our own ego. Does that sound about right? Maybe you're fixated on the idea that your spouse started the fight, so they should be the one who comes to you and apologizes. Perhaps you think folding first shows weakness, or that you're admitting fault. Seriously, at the end of the day, these lines of reasoning are defence mechanisms that inhibit the emotional maturity required to put your marriage first. We each need to fight past the discomfort of being the first to apologize, or taking the "easier" option of retreating within ourselves. Instead, we should determine to turn toward our spouse in a way that says, "I don't want this distance between us; I want to reconnect with you."

Be a softy:

When you've managed to work up the courage to break the ice, you might have a tendency to go in defensively, especially if the conflict had you feeling angry, hurt, or vulnerable. Instead of leading off with more criticism or harsh words, try to approach softly. Think gentle tone of voice, open body language, and empathetic mindset. Depending on the delivery, a phrase as simple as, "Hey, let's talk," can either come across as a confrontation or a warm invitation. Try to aim for the latter. This is

often what we need from our spouse when we're trying to repair after a conflict, but we underestimate the effect of our tone and body language.

Take responsibility:

So you've approached your spouse softly, now what do you say? Focus on taking responsibility for your actions or contributions to the issue(s). Apologize without making excuses or contradictions. (We all know the "I'm sorry, but..."). You might say, "I'm really sorry I snapped at you and stormed off. You didn't deserve that." Or it might be letting them know, "I'm not mad at you, I'm sorry I was rude." When there's a chilly dynamic between you, the last thing the situation needs is more finger-pointing. When you own your mistakes, or, as Jack Frost says, you take 100% responsibility for your 10% of the situation, your partner is that much more likely to follow suit.

Use humour:

[Humour](#) is a great way to lighten the mood and get back to feeling like your old selves, especially if it's typically a strong point of bonding and connection in your relationship. You might both feel like you're walking on eggshells, until one of you cracks a joke. That can give the signal that you're ready to reconnect. Of course, you'll certainly want to use your best judgement on whether it feels appropriate to break the ice with a joke, or jokey expression.

Hug it out:

Physical affection isn't everyone's forte, but it's what some people crave when seeking connection – verbal reassurances just aren't the same. If you're ready to be done with awkwardly avoiding each other around the house, take the leap and pull your spouse in for a big, lingering hug. It can relieve the tension that you're both harbouring, and it's a great opening for more conversation, if needed.

Sure, you can let that yucky sense of distance simmer between you until it eventually (hopefully) fades away. But life is too short to spend hours or days feeling disconnected and cold toward the person you love. And let's face it, it's not fun for either of you! Seriously, make a conscious decision that from now on, that's not the way it's going to be. Our hope is that these tips can help you break out of that way of doing things, break the ice, and begin to establish a better pattern.

Blessings again from your Marriage Ministries team at LWCC: Stan & Ronnie, John & Karen

(Adapted from a Blog form Prepare/Enrich)