**Dialog or Marital Fight?**

How is our dialog – the decisive moment of conjugal communion – doing? The lack of dialog is the worst illness in marriage. It is an illness which eats away at the marriage from within; therefore, from time to time, we should examine our system for dialog: when do we dialog? Why do we not dialog?

Here we can recall that there is a difference between man and woman: Women have a need and an ability to dialog which is far greater than that of men. In addition, women permanently revolve around people while men are generally more interested in things. For that reason, it is more difficult for the man to give of himself, to surrender himself, to dialog. On the other hand, the woman is easily wrapped up in her own affective richness. She can become touchy and rancorous (spiteful).

The pinnacle of dialog is conjugal union. Dialog which cannot be expressed in words should reach to the highest. It is perhaps the human experience most similar to communion and the experience which can most help to prolong or prepare well for Eucharistic communion. From that point comes the importance of fulfilling that action with the spirit in which Christ gives Himself to us: with the generosity, the respect, the openness to life, with the awareness that it is something holy.

Communion is communion of faithfulness. It is necessary to examine how our faithfulness is doing. Christ does not give himself to us only once. He is always, daily, offering us the same communion and He does not tire in spite of our sins. We, how are we doing with that faithfulness, do we always have the table set?

All of this helps to prolong and to prepare communion with Christ at the table. An authentic conjugal communion is one of the best ways to the Eucharist.

What is central, what is essential in our marital covenant? It is the gift of the heart, the gift of intimacy from each one. The spouses should open their hearts and give their intimacy to each other mutually…..their depth. It is easy to give things, but it is difficult to give, to share what is within; therefore, conjugal dialog is not easy.

I do not know how many marriages are able to really have good and profound dialogs which do not end up in an argument and a fight.

**Some difficulties.** There is the woman sitting, sighing with the made-up problems of the soap opera. On the contrary, she does not have time to listen to the real problems of her husband, and vice versa.

It is difficult to find the time and, especially, to find it at the moment in which the other needs me. It is only possible if I am disposed to renounce certain things, to leave certain things when I see that the other is seeking my support and my comprehension.

Man who is generally less personal and less communicative by nature, prefers his work above all else. When he arrives home in the evening, he wants total tranquility and considers himself to be in a state of complete relaxation. Therefore, he has the tendency to place on a second level all household problems. He considers that the exercising of his profession has provided him with his corresponding percent of household concerns and responsibilities. Silence is his refuge.

Another psychological factor: the fear of giving in. At the conclusion of an effective exchange, there often exists a certain number of truths which must be recognized necessarily…..certain facts which cannot be avoided…..certain concessions which must be made. Nevertheless, the pride of both spouses will often suggest to them that it is better to flee the dialog because it could lead to these unfavorable concessions. To communicate with the other is to give him/her a certain dominion over us. Because of the fear of being subtly dominated, an attitude of non-openness to protect oneself is preferred.

**Questions for reflection**

1. What are the obstacles for better dialog?
2. Am I one of those who flees dialog?
3. Do we dialog or do we fight?

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