

## 5 Ways to Calm a Quarrel

1. Choose to humble yourself & say, "I could be wrong."
2. Return a blessing for a curse.
3. If someone is yelling, lower your voice & speak kindly.
4. Take full responsibility for your part, no matter how small.
5. Change the subject by saying, "Let's not talk about it".

**"A hot-tempered man stirs up dissension,  
but a patient man calms a quarrel."**

Proverbs 15:18

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