



It is natural that couples now and again become irritated and angry with one another. However one should never lose oneself in public and end up shouting and insulting one's spouse in front of others. This will definitely be a means of embarrassment for the spouse and will create much bitterness in the marriage. More important than giving vent to one's anger and frustration is keeping the heart of one's spouse. We need to control and contain ourselves, and train our minds to solve all problems and differences within the privacy and confines of our homes.