

## Week 11

### The Benefits (And Myths) Of Anger and Conflict - Part 2

Anger is not bad. Nor is it an indicator of a future negative outcome for the marriage. The 4 Horsemen of the Apocalypse (Criticism, Defensiveness, Contempt, and Stonewalling - For more information, see week 3) were bad. In fact, the 4 Horsemen are toxic to a marriage.

Anger is an approach emotion. It drives you to approach your spouse, to connect and engage, and to express something that needs to be expressed.

In our culture, since we tend to believe we have some choice over how we feel, we often feel ashamed of being angry. We think anger is bad, and conflict is bad. However, anger is useful, and it can be positive if expressed without contempt or criticism. Anger is not to be avoided or suppressed. It can lead to greater knowledge and understanding, and therefore, also lead to solutions.

Remember, the goal of conflict is mutual understanding. Without conflict, we would not be able to understand each other fully or love each other to the greatest possible degree.

Interesting factoid #2 –

So, why do we fight? We have two brains in a relationship, not one. Any relationship is a constant negotiation between “I” and “we.”

Next week: What We Fight About