

Week 16

The Top Ten Myths About Conflict - Part 1

1. Myth: Once we find a solution to the big fight that we're having right now, we'll be all set. No more fighting!
Reality: Most conflicts are perpetual. We need to learn how to handle conflict differently.
2. Myth: If a conflict exists in our relationship, we're not supposed to be together.
Reality: No one lives "happily ever after." Conflict is unavoidable - even for the happiest of couples.
3. Myth: A conflict is a problem to be solved.
Reality: We manage most of our conflict by continuing to dialogue. We don't resolve it.
4. Myth: One of us is right and one of us is wrong.
Reality: Both spouses' experiences and points of view are valid. Both realities are true. More important than who is right is: how we are able to see things, how we feel, what we need, and if we can hear and validate each other.
5. Myth: Men are more logical than women. Women are more emotional than men.
Reality: Logic and emotions have no gender. Men have emotions and need to express them, and women need to be heard and believed when they describe their reality.

Surprised by what you have learned? See what follows next week.

Next week: Top Ten Myths About Conflict - Part 2