

## Week 17

### Top Ten Myths About Conflict - Part 2

6. Myth: The best conflict management is logical, rational, and unemotional.  
Reality: Research indicates that emotions and logic are intertwined when it comes to problem-solving. The best conflict management allows us to understand each other better through listening to each other's feelings AND ideas.
7. Myth: Negative emotions (such as anger) are bad and should be avoided.  
Reality: There is nothing wrong with anger. What matters is how the anger is expressed. Just don't allow the 4 Horsemen of the Apocalypse (Criticism, Defensiveness, Contempt, or Stonewalling) to be a part of the discussion.
8. Myth: No one can hurt you unless you let them.  
Reality: We can and do hurt each other. All couples do - no matter how great their marriage is. The difference between love's "masters" and love's "disasters" is that the master couples learn to process what happened and repair it. This is a topic we will later cover in detail.
9. Myth: You have to love yourself before you can love someone else.  
Reality: We all have lingering vulnerabilities - triggers, trauma, wounds that may never heal - and these may cause us not to love ourselves perfectly. We can still have a lifelong relationship. Our job as a spouse is to care for our spouse, even in conflict, and even when they can't love themselves.
10. Myth: To be "allowed" to have needs, we must be able to justify or explain them.  
Reality: We can and should have needs without justification. Our responsibility, however, is to communicate them. One of the big reasons that conflicts escalate is that we don't ask for what we need. Instead, we expect our spouses to read our minds and magically fulfill our needs. I'm curious. Have you met any mind-readers lately?

Next week, we will begin to cover the five types of fights that everyone has.