

## Week 2

### What Are We Fighting For?

We tend to equate low levels of conflict in marriage with happiness but that just isn't true. The absence of conflict doesn't indicate a strong relationship. In fact, it can have exactly the opposite effect.

In the Divorce Mediation Research Project, it was discovered that 80% of divorces are a result of growing apart and losing a feeling of closeness (connection or intimacy).

So, it's not whether there's conflict in your marriage that makes or breaks it. Even the happiest couples fight. It's *how* you fight that matters!

Conflict, if handled well, offers the opportunity for higher levels of closeness and connection and therefore serves as the antidote to 80% of divorces that currently take place.

So how do we fight right? See you next week to continue our journey!

Questions? Please talk with me.

Next week: What are the Four Horsemen of the Apocalypse?