

## Week 25

### Five Fights That Everyone Has - Fight #2

#### How to Stop Flooding - Part 2

Last week we shared The Modified Time-out Technique, which is a method of protecting marriages from toxic, non-productive behavior once spouses become flooded (overwhelmed).

This week we'd like to share behaviors to avoid when flooded.

1. Don't tell your spouse, "I think you're getting flooded." This sounds like an accusation and may produce defensiveness in your mate. Use your buzzword. Time-out, potato, and butterfly are examples that have been successfully used by other couples.
2. Don't try to get in the last word before the cool-down break. This may re-ignite the entire situation.
3. Don't leave your spouse hanging. Return at the agreed-upon time. If you are still flooded, ask for more time. Some folks do require more time to de-escalate. Men, especially, are more likely to require more time to return to their baseline physiology and interact in a calm manner.
4. Don't spend the cool-down time building your case for a rebuttal. Do something soothing that allows you to calm down. The goal is to return to the conversation calm and ready to connect.

Over the past two weeks, we have discussed an important method for staying on track in conflict. Next week, let's look at setting goals for a fight.