

Week 26

Five Fights That Everyone Has - Fight #2

Goals for a Fight

Our goal when we fight is:

NOT to win the argument.

NOT to convince our spouse of something.

NOT to solve the problem.

NOT even to find a compromise.

Our goal when we fight is to fight with more positivity than negativity.

How?

Recognize and manage flooding by self-soothing.

Talk about yourself and your needs instead of your spouse's qualities.

Make, recognize, and accept repair attempts. (more on this next week)

These three things will elevate the ratio of positive interactions to negative interactions above 5 to 1 which is required to be successful in conflict.

One of the reasons conflicts escalate is that people don't ask for what they need. Instead, they assume their spouse already knows their need and is refusing to fulfill it.

It is not easy to ask for what we need. It feels vulnerable. And there is the possibility that our spouse may reject us and say no. But when we don't ask, we end up filled with resentment when our need is not met, and escalation ensues.

The takeaway? Our spouses are not mind-readers, no matter how well they know us.

Next week: Small Repairs Prevent Major Damage