

Week 28

Five Fights That Everyone Has - Fight #2

The Language of Fighting Right

What sets successful couples apart is that they make repairs during conflict. They can do this because they enter conflict with a solid understanding of each other. They are experts about each other. The process of fighting right is as follows:

1. Use a softened start-up. The basic formula of a softened start-up is:
I feel (emotion) about (the situation or problem) and I need (your positive need).
2. Introduce topics gently. Ask questions. Avoid critical language.
3. Self-soothe when flooded. Take breaks. Use the Modified Time-out Technique. Communicate clearly.
4. Make, recognize, and accept repair attempts.

Remember, we can disagree and still be on each other's side. This is also known as disagreeing without being disagreeable.

Next week: Fight #3