

## Week 29

### Five Fights That Everyone Has

#### Fight #3: Superficiality

##### Mistake: Not Considering What is Behind Your Spouse's Point of View

69% of our marital problems are perpetual, meaning we are never able to resolve them. If they are managed well, they are not harmful to the marriage. If not managed well, these problems become destructive, and we become gridlocked.

Signs that you are in gridlock:

1. Your conflicts over this topic have you feeling rejected by your spouse.
2. You talk and talk about this issue, but make zero progress.
3. Every time you discuss this issue, you feel worse afterward. Your relationship becomes emotionally damaged due to the conflict.

What is ***negative sentiment override***? Negative sentiment override will be defined for our purposes as a hyper-negative perspective. This contributes in a mighty way to gridlock.

Couples have typically been fighting over the same issue in the same way for so long that they are unable to see their spouse's words and actions in any way other than negatively, even if that's not how they were intended. They have stopped giving each other the benefit of the doubt. They assume the worst. Even neutral situations will be viewed as negative.

This point of view, despite being non-productive, provides a hint for a solution to perpetual problems.

Next week: Behaviors That Signal Gridlock is Alive and Well in Your Marriage