

Week 30

Five Fights That Everyone Has - Fight #3

Behaviors That Signal Gridlock is Alive and Well in Your Marriage

Gridlock is a sign that you need to figure out what is behind a strongly held viewpoint.

Signs that you need to look deeper into an issue include:

1. Fighting over something trivial.
2. You have found a compromise, but one or both of you undermine it.
3. The topic pops up in other fights like an uninvited guest.
4. You avoid certain topics "like the plague."
5. Your spouse has a surprising, out-sized reaction to something that "came out of nowhere" and catches you off guard.

The last one is a big "tell." You think you are having a routine conversation, and your spouse has a huge emotional reaction that seems to come out of nowhere. If you get a response that doesn't make sense, it is a clear sign that something is up. You have just hit an iceberg! Something is lurking just under the surface that you didn't see. So, what do you do? Take a deep breath and say, "Let's back up. It looks like this might be a deeper issue than I thought. What's on your mind?"

This can be the first step toward effectively managing a perpetual problem and increased connection!

Next week: The Significance of the Base of the Iceberg