

Week 31

Five Fights That Everyone Has - Fight #3

The Significance of the Base of the Iceberg - Part 1

For couples in gridlock or distress, there is always an underlying dream that hasn't been discovered or clearly articulated. In couples who are navigating conflict successfully, those dreams have been discussed openly and directly.

Masters of love asked explanatory questions and became students of their spouses. They shared fondness and admiration, and expressed it daily. They turned toward their spouse's bids for connection most of the time. They maintained their positive perspective of each other. When they arrived at conflict, they took into consideration their core values (beliefs, memories, and dreams).

If so many dreams are unknown and unspoken, how can we bring our dreams to the surface?

1. Look through old photos, yearbooks, or journals.
2. Think about the nature of past romantic relationships, and what they were like.
3. Reflect on your relationship with your parents and siblings.
4. Think about early relationships with peers and early school experiences.
5. Look for multi-generational patterns within your family.

Reconvene with your spouse and share what you have been thinking about. Describe anything that popped up that you think is interesting or relevant. Unknown dreams may begin to materialize.

The wonderful thing about this "dreams within conflict" conversation is that it is a skill that can be refined and built upon. As a result, something that might have once turned into a big fight instead can become a moment of connection and collaboration.

Next week: The Significance of the Base of the Iceberg - Part 2