

## Week 33

### Five Fights That Everyone Has - Fight #3

#### Guidelines for a Discussion About a Gridlocked Problem

Speaker's job: Talk honestly about your feelings and beliefs on this issue. Don't try to persuade your spouse.

Listener's job: Make your spouse feel safe enough to be vulnerable and tell you what is behind their position on this issue. Listen like a friend. Ask clarifying questions. Suspend judgement. Don't try to find a solution. The goal is not to solve the problem. The goal is to understand in depth your spouse's position. Don't argue your point of view! Just listen and ask questions.

The bottom line is this. You don't want the kind of marriage in which you win and are influential in the marriage, but crush your spouse's dreams.

If you are having difficulty staying out of the persuasion phase and just listening, a great tactic is to take notes.

Remember, our motto is that understanding must precede resolution.

Finally, people don't need to have the same big life dream in order to have a wonderful, fulfilling, and successful marriage!

Next week: Fight #4