

## Week 37

### Five Fights That Everyone Has - Fight #4

#### Trust and Commitment

Compromise will not work without trust and commitment. When trust has been eroded, it is necessary to begin healing by rebuilding both trust and commitment.

Two signs that commitment has dipped:

1. A spouse will complain to other people about their own spouse, instead of talking directly to the spouse about important issues.
2. A spouse will minimize what they have in their marriage, and maximize what is missing. Often, they are looking around and thinking, "I could do better." Even though they love their spouse, there is no true commitment. They aren't thinking for two. There is no "us."

Nobody is perfect. We all have flaws. What commitment really means is that you are able to realize that while your spouse isn't perfect, ultimately, no one can replace them.

#### Steps to Rebuilding Trust and Commitment

1. Turning toward your spouse. (See week #12).
2. Use a softened start-up as you bring up items that may cause conflict.
3. Listen well and validate each other.
4. Express empathy.
5. Ask each other open-ended questions both in and outside of conflict.
6. Explore your dreams together.

The more you practice these strategies, the more you trust each other, the easier conflict management strategies become.

Next week: Fight #5