

Week 43

In Conclusion

What a Healthy Fight Looks Like

- When you are upset about something, describe yourself and the situation you are upset about.
- Explain your positive needs. Launching an attack will force your spouse into defensiveness. Instead, offer a doorway into collaboration.
- Talk about your dreams and theirs by asking open-ended questions. Find out your spouse's core needs, core beliefs, and core dreams.
- You are able to compromise without giving up too much. We must identify what is essential to our identity that we can't sacrifice, but also what we can be flexible on.
- You are able to process past regrettable incidents and put them in the rear-view mirror.

Final Words

An enormous amount of being a "master" of conflict is having compassion for each other's enduring vulnerabilities - to see and accept our spouse's weak and tender spots and take care of them, even through disagreement, and allow them to take care of us too.