

## Week 5

### Two Types of Conflict

There are two types of conflicts we all face in our marriages. We all encounter problems that are either solvable or perpetual.

Solvable issues are fixable. Perpetual problems don't go away. An astounding 69% of the problems we encounter in marriage are perpetual. Of these perpetual problems, 16% result in gridlock, which means that they not only are never fixed, but they result in damage to the relationship.

This particular moment in human history has resulted in increased distress on both couples and marriages, necessitating advanced approaches to conflict. In couples seeking marital therapy, for instance, 60% are experiencing some form of domestic violence. Almost half of the couples had high rates of anxiety, depression, or suicidality. One-third of all couples were facing some form of substance abuse. Thirty-five percent of couples were reeling from the fallout of an affair. Every type of issue listed here influences our ability to handle and successfully manage conflict.

Conflict often gets intense and messy. Therefore, we must bring our best selves to our conflicts. Let's remember that the ultimate goal of conflict at home is to create something better for you, your spouse, and your marriage. Stick around, and let's learn more.

Next week: The Five Ways We Go Wrong in Conflict