

Week 6

The Five Ways We Go Wrong in Conflict

Conflict and peace are not mutually exclusive. Ironically, we can achieve peace and grow closer to our spouse through conflict. Through learning, we can recognize that conflict is actually a profound opportunity.

There are 5 major ways that we can go wrong when we fight with the one we love most. First, how we begin the conversation is critical. Next, we don't recognize how our bodies tell us that we cannot, at that particular moment, resolve an issue. Furthermore, we often don't recognize what is behind our spouse's point of view. Fourth, is having to *win* a conflict, and last is not knowing how to reconcile after an argument.

We will explore each of these areas in great detail - including how to pivot, even in the heat of the moment, and learn to fight right.

Next week: Why We Fight