

## Week 7

### Why We Fight

Using artificial intelligence, it is now possible to predict the future of a couple's marriage with over 90% accuracy. A huge factor in making this prediction is how the couple behaves during conflict.

Here are the major features of a typical couple's conflict.

1. The conflict is about something trivial or insignificant. One minute everything is great. The next minute World War III has commenced.
2. It escalates quickly - often in less than a minute.
3. There is no listening and, therefore, no understanding. It is all attack and defend.
4. The argument includes every one of the 4 Horsemen of the Apocalypse (Criticism, Defensiveness, Contempt, and Stonewalling). These are all negative communication patterns that predict divorce. For full definitions of these traits, see Week #3.
5. There is flooding, which is the emotional hijacking of the nervous system during conflict. In flooding, the heart rate jumps above 100 beats per minute. Men are more likely to become flooded than women. Once flooding takes place, it becomes impossible to resolve conflict in that moment.
6. Negative interactions outnumber positive. For couples to be successful long-term, they must maintain a ratio of 5 positive interactions for every negative interaction.
7. Few to no repair attempts take place during the conflict. A repair attempt is anything that is said or done to interrupt the negative trend in the fight.

Seem familiar?

Next week: The Reasons Why We Fight