

Week 9

The Reasons Why We Fight - Part 2

Other reasons we fight include:

Major life changes –

This is another predictor of divorce. These include events such as becoming parents, changing careers, retirement, a change in financial circumstances, or an aging parent moving into the household.

These life changes are especially taxing on a marriage if they affect our needs, our dreams, our beliefs, or our values.

Life stresses –

Ordinary, everyday life stresses influence how the residue of our day seeps into our marital interactions. On higher stress days, marital interactions become more heavily tinged with discord. Both spouses are more easily flooded, and negative emotions increase while positive emotions decrease.

Men were especially influenced by physical exhaustion and were more easily and frequently flooded when they were “wiped out.”

In the end, when we are more stressed at work (or parenting, if that is what you do), this increases the chance of conflict, which increases the chances of flooding and decreases the ability to regulate emotions and problem-solve.

Interesting factoid –

The biggest reason conflict escalates is that we have a difficult time dealing with negative emotions, such as anger, guilt, or lack of respect.

Next week: The Benefits (And Myths) of Anger and Conflict