

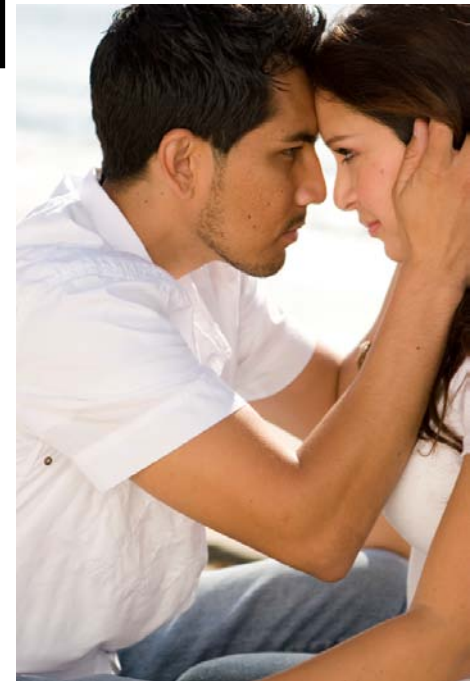


RELATIONAL CONFLICTS

&

COMMUNICATION

Some Basic Pointers





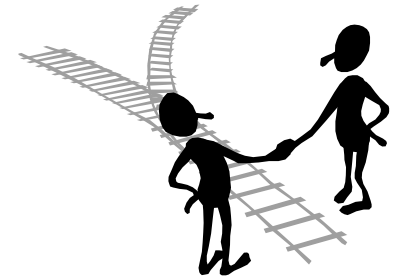
Remember

- Any intimate relationship – especially of all marriage – is a partnership.
- It is not about “*who is right*”, or “*who is wrong*” .
- Nor is it about “*who is in control*” or “*who won*”.
- It is about “Commitment” to “building” and “maintaining” a functioning, loving relationship by finding ways to compromise and resolve differences.



Compromise

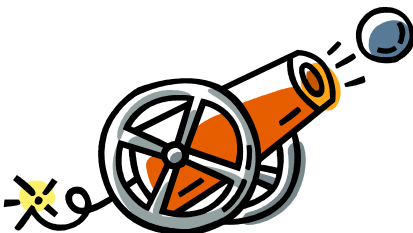
- Entails Sacrifice : putting personal expectations and personal agendas second place to the greater good of the relationship : be it a marriage , a family or close friend.
- There is a saying that goes : *Love does what Love has to do , without stopping to count the cost.*



Four Destroyers of a Relationship....



1. A critical attitude... a harsh, constantly attacking, criticizing “put - down” of your partner
2. Defensiveness ... denial of one’s own role in the problem; blame shifting;
3. Contempt ... Toxic disrespectful and bitter feelings coming out in word and tone.
4. Stonewalling... unwillingness to shift position and reach a compromise.



A Constant Emotional Tug-of – War results in

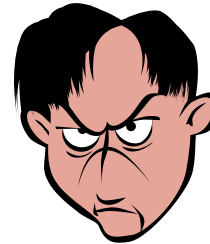


- Unresolved Anger which , in turn can lead to ...

- Depression



- Growing bitterness



- Physical tension (Stress) and anxiety





- Further distancing from one's partner , an even greater divide in the relationship



Fixing IT....



- Stop fault finding 
- Never resort to character attacks or character assassination when arguing; No Name Calling
- Avoid strong expletives (Profanities) that tend to escalate emotions.
- Keep the past in the past 
- Be clear on the problem or issue AND STICK TO IT.
- Take “Time Outs” if necessary to cool down.

