

3 PHRASES TO STOP CONFLICT IN IT'S TRACKS, AND RECONNECT

THE GO TO PHRASES YOU NEED FOR A
LONG AND LOVING RELATIONSHIP



*"I want to pause
and just let you
know that you
matter to me and
I want to figure
this out with you"*



WHY IT WORKS...

When we are in relationship conflict it usually is because of some action or event that cause a sense of worry or hurt. Typically both partners are feeling this. You can usually feel relationship by the tightening of your chest or that pit in your stomach.

When we can stop talking about the event or action that caused the worry or hurt and we can move toward our partner with care and reassurance we can make sure that our care is getting clearly communicated.

This is a skill that we can practice. So often we want to protect our selves emotionally in relationship conflict. These emotional protective responses often create more confusion in the relationship. Step out of your protective responses and toward your partner with care and reassurance and see the difference in their response!

"When we're like this, I worry you don't care, and it's tough because you're important to me. I might not always show that well."



WHY IT WORKS...

In conflict our partner usually has the sense that we don't hear or understand them. They are trying to express their pain or frustration and our actions or communications are giving them the sense that maybe we don't care for them. In conflict our partner usually isn't confident about our love and care for them.

By validating their feelings that we maybe aren't showing our care very clearly for them can help them feel reassured and regain the sense that you really do care! We also let them know in a clear and vulnerable way our worry that we are losing the connection we want with them.

Learning how to listen to our partner and validate their feelings is an important relationship skill to develop in relationships. So often we get focused on if our pain or experience is being heard or understood. If we can learn how to respond to someone else's pain and clearly communicate our worry or fear in the relationship we can keep those who really do care about us close. And a close loving relationship feels amazing!

"Before we revisit this, let's clarify: I want to be on your team, and I'm committed to figuring this out with you."



WHY IT WORKS

When there seems to be pain or hurt in our relationship it can fracture trust. It can place you against each other rather than working with each other.

When we establish an understanding that we want to be on the same team it can create the sense that it is "us against the problem" rather than "us against each other". When we can feel reassured that we care about each other and that we want to figure out the problem to stay close and connected we can better solve the problem at hand.

Many times life problems create relationship problems. When this happens we want to reestablish that we care about each other and that we want to be on the same team. This solves the relationship problem so we can go back to solving the life problem.



CONCLUSION

Expressing your desire to pause, clearly communicating your partner's importance, and stating your commitment to figuring out the conflict at hand in a way that allows you to stay close and connected can foster a positive and constructive atmosphere during conflict. It allows you to stay on the same team during life problems. I like to say I teach couples to stay together on the rainy days of life. This ability to reassure each other will strengthen your bond in your marriage and bring higher levels of intimacy and satisfaction in the relationship.

**PIVOTAL
APPROACH**
COUNSELING AND COACHING

LET'S APPLY THIS!

Think of your last painful experience in your relationship.
Write down below or discuss with your spouse how it might have gone different if either one of you (or both of you!) would have been able to use any of these phrases.

Think about some others...

on your own or with your spouse, find some other phrases or actions that would allow you to reassure each other in conflict.

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