

Relationship Patterns That Cause Conflict

Cause

Solution

<p>Fault Finding Dealing with a problem though blaming, using harsh tone of voice, and judging.</p> <ul style="list-style-type: none"> • The focus is on attacking the persons character rather than the situation or on changeable behaviors. • Often leads to the partner becoming defensive. <p>“Our house is a mess, you are such a dirty person”</p>	<p>Get Specific Dealing with challenges in a gentle and calm manner.</p> <ul style="list-style-type: none"> • The focus is on the problem and not the person. • Using I instead of you statements. <p>“I feel frustrated when the house isn’t cleaned and we both agreed it was your week to clean. Could you please clean the house tonight”</p>
<p>Protection Response Not taking responsibility for your behavior or comments.</p> <ul style="list-style-type: none"> • Making excuses. • Blaming. <p>“It isn’t my fault I called you a name. You started it not me!”</p>	<p>Take Ownership Taking accountability for your behavior and comments.</p> <ul style="list-style-type: none"> • Saying “I am sorry”. • Asking how you can do better next time. <p>“I shouldn’t have called you a name, I’m sorry”</p>
<p>Respect Collapse Showing disgust towards your partner. The biggest predictor of divorce.</p> <ul style="list-style-type: none"> • Using verbal aggression, mocking, and humor. • Seeing your partner as inferior. <p>“This is my way so it’s better”</p>	<p>Reconnection Showing your partner you admire and appreciate them</p> <ul style="list-style-type: none"> • Giving affection freely. • Giving compliments. <p>“ I appreciate you cooking dinner tonight”</p>
<p>Emotional Shutdown Shutting down and going silent during conflict.</p> <ul style="list-style-type: none"> • It is often a response to feeling overwhelmed. • Issues do not get discussed. 	<p>Pause + Regulation Using breathing techniques to calm down.</p> <ul style="list-style-type: none"> • Taking 3 breaths in and 3 breaths out. • Asking to take a pause. <p>“I am starting to feel overwhelmed, can we continue this conversation later”</p>