



WHEN ONE OR BOTH OF YOU ARE DYSREGULATED, THERE'S NO CHANCE OF
CONNECTION.

WOULD A CONFLICT AGREEMENT HELP YOU?

IT'S EASIER TO BE ANGRY – THAN HURT AND SCARED

CLOSE MINDEDNESS VERSUS CONNECTED AND VULNERABLE

DEFENSIVENESS IS THE ARCH-ENEMY OF LISTENING

WE ARE ALL NEUROLOGICALLY WIRED FOR CONNECTION.

WE NEED A WE SYSTEM.

ADAM + (EVE)

WHEN WE ARE IN A STATE OF DISCONNECTION— WE SUFFER
WE FEEL THREATENED BY THE DISCONNECTION.
LIKE ADAM AND EVE – SHAME GETS IN THE WAY.

IT IMPACTS US GREATLY

STEALS OUR JOY
SEPARATES
DIVIDES
HIDES
DISCONNECTS
RUNS
NUMBS
DENIES

SHAME + ADDICTION = CONTEMPT



RECKLESS DRIVING, GOING ROUND IN CIRCLES, ON A ROAD TO NOWHERE.....

HOW ARE YOU SHOWING UP IN YOUR MARRIAGE AND FACING THE HARD AND NECESSARY CONVERSATIONS?

HOW DO YOUR ACTIONS LINE UP WITH YOUR WORDS?

DESCRIBE THE CRAZY CYCLE IN YOUR ATTEMPTS TO HAVE SAFE AND VULNERABLE CONVERSATIONS..

WHAT DOES YOUR DYSFUNCTIONAL RELATIONAL PATTERN LOOK LIKE ? AS A COUPLE.

CAR TROUBLES....STUCK IN INSANITYVILLE !

WHAT'S MISSING ?

WHAT ISN'T GETTING RESOLVED?

WHAT TRIGGERS CHAOS?



CONTINUED...

WHAT CAUSES THE MOST HARM?

WHAT DO YOU BELIEVE NEEDS TO CHANGE WITH YOUR COMMUNICATION?

WHAT PATTERNS DO YOU GET STUCK IN ?

WHAT IS YOUR "GO TO" REACTION?

IN WHAT WAYS DOES YOUR REACTIONS GET IN THE WAY OF HEALING AND CONNECTING?

UNHEALTHY COMMUNICATION PATTERNS LOOK LIKE.....

WHERE DO YOU TEND TO OVER REACT? AUTOMATIC REACTIONS/ (IMPLICIT REACTIONS)

IN WHAT WAYS DO YOUR PROTECTIVE WALLS COME UP?

"Actions springs not from thought but from a readiness for responsibility."



CONTINUED...

WHAT KEEPS YOU STUCK?

WHAT BECOMES UNSAFE IN THE CONVERSATION?

WHERE ARE YOUR BLIND SPOTS /WEAKNESSES?

IDENTIFY THE BEHAVIORS THAT DON'T WORK. MAKE A LIST.

MY BEHAVIOR IS CAUSING ME MORE PAIN BY

WHEN I'M DEFENSIVE, I USUALLY....

DESCRIBE THE IMPACT ON YOUR WIFE WHEN SHE'S NOT SAFE TO SHARE.....

DESCRIBE THE IMPACT ON YOU WHEN YOUR HUSBAND IS DEFENSIVE...

“The key to taking responsibility is deciding what your life is about and prioritizing it around what’s most important to you.”



IN A CONFLICT

HOW IS TRUST AFFECTED?

HOW DOES THIS BEHAVIOR GET IN THE WAY OF TRUE CONNECTION?

HOW DO YOU DISMISS WHAT'S IMPORTANT TO HER?

WHAT SPECIFIC BEHAVIORS CAUSE THE MOST HARM?

THE MARRIAGE RELATIONSHIP WILL ALWAYS SUFFER WHEN YOU'RE NOT
CONNECTING WITH EMOTIONS. BOTH HERS AND YOURS.

TRUTH: YOU DEPRIVE YOURSELF OF YOUR OWN LONGING

EMOTIONAL SAFETY AND SOBRIETY ARE NECESSARY TO MAKE LASTING CHANGE

IF YOU IGNORE IMPORTANT LIFE LESSONS AND REFUSE TO MAKE CHANGES OR LISTEN TO
THE HURT BEING EXPRESSED, YOU WILL FACE CONFLICT WITHOUT END. YOUR EMOTIONAL
STATE PLAYS A PIVOTAL ROLE IN UNHEALTHY PATTERNS.

BUSINESS IS A WALL THAT KEEPS US FROM FEELING, HEALING, AND DEALING. IT PROTECTS
YOU FROM VULNERABILITY
STAY BUSY AND IGNORE THE CUES OF YOUR NERVOUS SYSTEM

CONFLICT CAN LEAD TO SOMEWHERE OR "THE ROAD TO NOWHERE"

IF WE ARE NOT SAFE TO SHARE OUR FEELINGS WITH EACH OTHER, WE ARE NOT SAFE TO
CONNECT.

**"Demonstrating a desire to work through events, triggers,
and issues creates a feeling of authentic connection."**



CONFLICT CONTINUED...

PAIN MOVES US FORWARD OR... IT KEEPS US BACK

A: AWARENESS AUTHENTICITY AVAILABLE AFFIRM

T: TURN TOWARD – TELL THE TRUTH

T: TRANSPARENCY

U: UNDERSTANDING

N: NON-JUDGMENTAL

E: ENGAGE AND EMPATHIZE

HOW DO YOU FEEL AFTER THE CONFLICT?

ON A SCALE FROM 1-10, RATE—THE INTENSITY AND REGULARITY OF THE BEHAVIORS

DEFENSIVENESS

TONE VOICE

BODY LANGUAGE

FACIAL EXPRESSIONS

AGGRESSION

WITHDRAWAL

DETACHMENT

EYES

WARMTH

BULLY

ENTITLEMENT

CLOSED OFF / SHUT DOWN

**“Emotional maturity is the ability to hold space and actively listen to your partner
express needs without judgment or defensiveness.”**



CONFLICT CONTINUED...

WHAT IS YOUR MINDSET ABOUT ENTERING INTO CONFLICT ?

WHERE DO YOU NEED MORE GROWTH?

WHAT ARE YOU DOING WELL? WRITE OUT SOME WAYS YOU'VE BEEN TAKING RESPONSIBILITY..

WHAT CAN YOU DO TO MOVE TOWARD MORE RESTORATIVE HEART CHANGE?

SELF-DEVELOPMENT CAN ONLY HAPPEN WITH SELF-AWARENESS,
COMMITMENT, AND OWNERSHIP.

WHAT DOES YOUR ACCOUNTABILITY LOOK LIKE IN THIS AREA? HOW WILL YOU BEGIN TO TAKE
RESPONSIBILITY FOR THE LACK OF ACTION OR INTENTIONALITY?

HOW ARE YOU MOVING TOWARD YOUR WIFE IN HER PAIN?

**"True love does not encompass the things that make you "feel good"
it holds you to a standard of accountability."**