



AVOIDING CONFLICT CYCLES

AND HOW TO HEAL, AND HAVE PROPER COMMUNICATION



Avoiding Conflict Cycles And Healing Within Relationships.

In this guide, you'll discover how to avoid all moments of 'conflict' in your relationship and how you can repair even the most fractured and turbulent relationships. This gives you the unique tools and skills that you possess, which turn these 'broken moments' into moments for greater intimacy in your relationships.

WHAT TOXIC COMMUNICATION LOOKS LIKE

It's a pity that we learn how to speak a second language and even "talk" to a machine in school but not how to communicate effectively in an intimate relationship with our partners. So many of us don't even know when we are communicating wrongly, especially when things are heated. All we usually care about is being heard and proving to be right, and along the way, we deviate from the whole point of why conversations exist in the first place.

When we forget the main reason why we are trying to communicate, the focus changes from fighting the issue that's making us have an argument to fighting each other. In the process, we forget we are not each other's enemies, the problem is, and we should fight against that.

The moment the balance shifts, we allow toxicity to seep into our conversation, and then we begin to shift blames. At that moment, we forget that words have the power to create miracles. If you use the wrong words, your partner may become an angry monster. With the appropriate words, your partner may instantly transform into a loving king or queen, and you'll increase closeness

and harmony in your relationship as you learn the art of successful communication.

WHAT TOXIC COMMUNICATION AND BLAME LEAD TO– AND HOW IT TURNS INTO RESENTMENT

When couples are facing problems, they almost always blame their partner, especially when the communication method is toxic. Blame is a tactic for "stealing" self-esteem "dollars" from your partner and giving them to yourself. Unfortunately, this makes your spouse feel attacked, and he or she will then blame and criticize you in self-defense: "You think I'm self-centered? Look in the mirror." You're the one everyone believes is self-centered!" The cycle continues. Have you ever found yourself in one of these downward spirals? It's not at all enjoyable. Neither couple receives the affection and respect they desire.

When you insist on being right, you are implicitly communicating to your partner that they are incorrect. You simply cannot have intimacy while insisting on being right (a sort of blame). However, if you are prepared to let go of the need to be right, you may easily enjoy a great deal of love, harmony, and fulfillment in your relationship.

The conflict between humans is unavoidable. There is no way around it. However, disagreement is not the issue. Difficulties, when managed correctly, may bring two individuals closer together. In fact, the greater closeness between partners would be practically difficult to develop without the inevitable fight. What actually separates relationships is blame. Blame, or the fixation on being right and making one's partner wrong is a poison that takes time to kill. It may gradually infiltrate the entire way couples communicate

with one another until all of the love that was once shared becomes entirely tainted.

Because most couples' difficulties come from a need to be right, let's take a closer look at this occurrence. When you're in a blaming mentality, all you can think about is how fair you are while your spouse is completely unfair. In your desperation, you give clear proof to demonstrate to them how incorrect they are. I suppose we all secretly hope that one day, after we've presented our case, our partner will say something like, "Wow, I finally realize what you've been trying to tell me! I was completely wrong, and you were correct the entire time! I deeply regret having offended you. Could you kindly forgive me for my mistakes?"

Have you ever experienced someone utter that to you sincerely? Neither have I. Clearly, blaming others does not get us what we desire. All it breeds is resentment. There are various methods to have a healthy relationship, but in terrible relationships, there is only one thing going on: blame. Unfortunately, when we focus on being right, everything we say is incorrect. Because blaming never works, the first thing you must do when you are certain you are right is to drastically alter your mindset. If you don't, your partner's blame detector will soon be activated, and you'll be in big trouble.

WHAT IS THE ALTERNATIVE – AND HOW TO HAVE SAFE COMMUNICATION?

What can we do to communicate successfully when we're angry, agitated, and convinced we're correct? You should try strategies to swiftly pull yourself out of the blaming mentality and into a frame of mind conducive to loving communication throughout

the years. The first strategy is a sequence of three basic questions you can ask yourself when you believe your spouse is mostly to blame for your relationship's problems:

1. What will happen if I insist on being correct (while blaming my partner)?
2. Would I rather be correct or feel loved?
3. What do I like most about my partner?

These three inquiries are incredibly powerful at modifying how you feel about minor and even medium-sized conflicts. When you feel differently, you may speak in a way that goes back to intimacy much more readily.

The one thing you must avoid is what most couples do: they aim their anger and blame toward their partner. To be sure, one out of every hundred people enjoys being screamed at. But the rest of us don't think so. It nearly always results in resentment, defensiveness, hurt, an escalation of the present situation, and a building of negative emotions that will cause even more difficulties later on. I've seen couples spend their whole marriage responding to and recuperating from their partner's rage.

Because the urge to believe you are correct and the other person is incorrect is so powerful, it is beneficial to take a moment to truly persuade yourself that blaming never works. Consider situations in the past when you blamed your partner for something. Did insisting on being correct ever improve the situation—or simply push your partner away? What about when ex-partners blamed you? Did you ever feel more personal and cooperative with them after that? If you're like most people, when you look at blame's "track record," it's very clear that it constantly gets in the way of actual connection.

Another way to get out of the blame mentality is to flip it on its head. That is, concentrate on how you are partially or entirely to blame for the difficult circumstance you are in. As you would expect, this may be difficult to do when you're certain your partner is entirely to blame. However, I've discovered that one specific question has regularly helped me to get over the temptation to believe that we're completely correct—and our partner is completely incorrect. "How may I have contributed to the predicament we have here?" ask yourself that question.

CHOOSING THIS— AND KNOWING THAT IT'S A PROCESS THAT YOU HAVE TO DEDICATE YOURSELF TO – AND CHOOSING THE RELATIONSHIP OF 'WE' OVER THE SELF – AND LEARNING TO MOVE FORWARD AND CLEARLY COMMUNICATE YOUR NEEDS– IN ORDER TO HAVE A MUTUALLY FULFILLING RELATIONSHIP.

Most of the problems that couples experience used to be governed by culturally decided rules. Men worked to pay the bills; women handled housework and cared for the children; divorce was not an option. All of the previous couples' standards have crumbled during the last four decades. More equality and freedom of choice are attainable when inflexible norms are broken down. But there is a catch. There appears to be less security and peace than ever before. Rules, or agreed-upon standards, aid in the creation of harmony by making it obvious how to handle sensitive scenarios.

Because our traditional conventions have broken down, a modern-day couple desiring unity must learn how to establish and negotiate their own rules. For instance, how much sex do you require to be satisfied? Some people have a monthly standard,

while others have a daily standard. Those are two whole distinct rules. Unfortunately, when two individuals meet, they each have hundreds of preconceptions about how things should be. To make matters worse, most couples forget to discuss their own set of rules because they presume everyone has the same expectations as them. We can assist develop long-term harmony in our relationship by properly conveying our standards to our partner and understanding their specific expectations of us.

Your partner will ultimately breach many of your boundaries in every deep bond. We become enraged when our rules are broken. In truth, every disagreement in a relationship stems from two individuals having opposing views on what is and is not appropriate behavior. When our partner does not follow our rules, we feel wounded or rejected. We believe that our standards are correct, but their method of doing things is incorrect. In truth, there are no universal rules for what should occur in a partnership. Is it OK to have sex every day, every week, or once a year? In the end, everything comes down to personal choice.

When partners recognize that there is no single proper way to do things, it becomes simpler for them to discuss their needs without blaming their spouse for prior behavior.