

# Fight Smarter

MARRIAGE IN MOTION ▶ Module 2: Conflict

2.4

MODULE 2, LESSON 4

## SUMMARY

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Ultimately, conflict management is about curiosity, courage and compassion.

- Couple #1 — If you focus on the problem, you will hit the problem. But if you **focus on the solution**, you'll have a much greater chance of survival.
- Couple #2 — **Compromise** isn't about *meeting in the middle*, **it's about meeting in the moment**. Don't focus too much on the past or looking too far into the future. Be present.
- Couple #3 — A relationship where one person wins and one person loses is a losing relationship. Instead **focus on seeking resolution where both partners win**.
- Couple #4 — Recognize that there is more at play than just the two of you when you are in conflict. Seek to understand what triggers are at play in your relationship. **Triggers** are people or experiences in the past that inform how we respond to present circumstances.
- Couple #5 — Don't forgive and forget. Forgive yourself and your partner by making a point to sincerely apologize for your wrong doings, and then commit to changing your future behaviors.

# ACTIVITIES

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## 1 REFLECTION

The video lesson shared five illustrations from real couples who have learned to fight smarter, not harder. Each couple has one skill that works really well in their conflict regulation. We talked about a number of skills:

- **Deciphering the difference between problems to solve vs. tensions to manage,**
- **Repairing before, during and after conflict, and**
- **Creating empathy in the midst of conflict.**

These skills will serve as your toolbox to draw from. We know that not every idea or skill will land, so be sure to use the things that work best, and build from there.

### **We'll say this over and over: Small Wins! Slow and Steady!**

Take some time to reflect on any small wins you've experienced in your relationship this week. Remember to acknowledge and celebrate your momentum... any momentum!

Here are a few questions to consider:

- How have you managed conflict with curiosity, courage and compassion?
- Which conflict regulation skill is a good fit for your relationship?

*We would love to hear about your progress... don't hesitate to reach out and email us.*

## 2 MYSTERY DATE NIGHT #1!

**Ok, are you ready? This is the first of two date nights we are asking you to commit to.**

Pull out your calendars right now and schedule your first Mystery Date Night to occur in the next 14 days.

For this first date, the youngest person in the relationship will plan and execute Mystery Date Night. What is a Mystery Date Night you ask?

A Mystery Date Night is a date... simple enough. But one person will be responsible to plan every detail of the date — from beginning to end — in complete secrecy.

This means that you make the reservations, you plan and organize childcare, you pay for your activities, you arrange transportation and even pack for your partner if the date involves wardrobe (warm coat, hat, sunglasses) or props.

Remember that EVERY detail of this date is to remain secret. While planning Mystery Date Night, keep in mind what activities your partner enjoys and cater to their likes.

**Mystery Date Night should be fun, creative, novel and intimate. Have a blast!**

