
Rescue Your Love Life Series #6

Outline

My Lover and I Should Never Fight

Is fighting wrong? Well...that depends on how you define “fighting”. Conflict doesn’t necessarily mean anything is wrong; it just means that you and your partner have differing realities. Dr. Cloud explains that conflict is normal and good, but we need to go about it the right way. The goal is not to win – that’s why we go to court. In a relationship, the goal is to get closer and preserve connection. This session will teach you how to normalize conflict, and be direct and specific in communicating your wants and needs.

Small group discussion questions:

1) How do I look at conflict?

2) Looking at the list Dr. Cloud gave, what areas of conflict do I have trouble with?

3) What is the plan going to be? Do I need to add structure/rules/a third party?