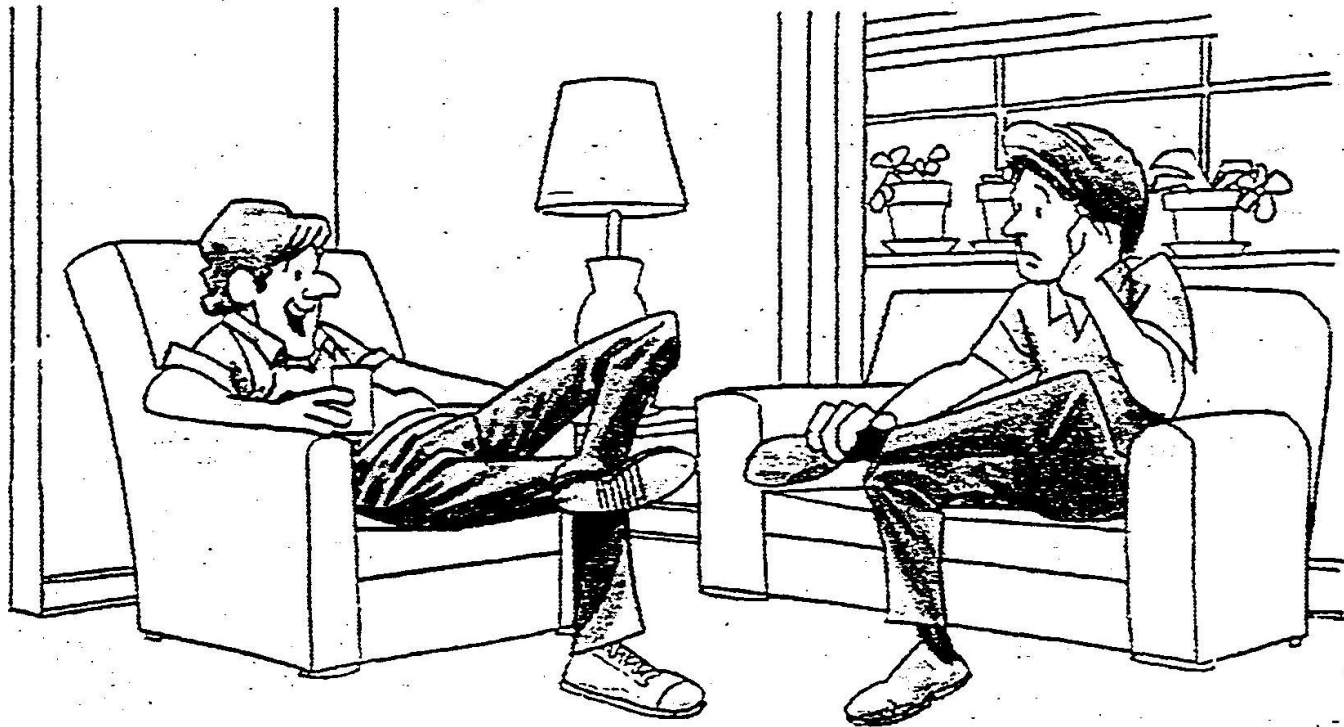


KEYS FOR SUCCESSFUL QUARRRELING



ND E®

BY BUNNY HOEST AND JOHN REINER



**"One nice thing about being single...All the decisions
are unanimous."**

KEYS FOR SUCCESSFUL QUARRELING

◆ Four precursors of Divorce:

– *Criticism and Contempt*

– *Defensiveness and Withdrawal*

– **All four deal with *Conflict Resolution!***

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GENERAL POINTERS:

- ◆ **Be Careful:** “One zinger erases twenty positives” (Prov 12:18).
- ◆ When in doubt, *wait* (*Prov 10: 19b, Proverbs 21:23*)!
- ◆ Relationships have *momentum* (*Prov 17:14*).
- ◆ Beware of the **egalitarian marriage**.
 - *50/50 – No final arbitrator.*
 - No established rules – **conflict!**

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SUCCESSFUL QUARRELING

◆ Traditional issues all couples deal with:

– Money



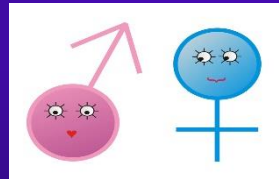
– In-laws

OUTLAWS?

– Raising children



– Sex



– Tremendous trifles



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- ◆ New top two issues:
 - Who does the **domestic chores**?
 - How to **spend leisure time**?



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Happy and Unhappy couples argue—

What is the difference?

- Happy – argue as if the issue is *external* to the relationship.
- Unhappy – get *personal*.



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- ◆ *Mudd & Hay – Real problem is the relationship itself.*
 - *Lonely and unloved*
 - *Can't communicate*
 - *Lost perspective*
 - *Feel rejected and unworthy.*

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◆ *Danger: The Fatal Thought!*



Threaten Divorce.
I don't love you anymore!

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What happens during conflict that is so crucial?

◆ THREE STAGES:

I - C - W

#1 -- *Intimacy*

#2 -- *Conflict*

#3 -- *Withdrawal*

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What happens during conflict that is so crucial?

◆ THREE STAGES:

I - C - W

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What happens during conflict that is so crucial?

◆ Entering stage #3 is serious:

- You become *emotionally disconnected*.
- The feelings are gone!
- The “wall” keeps out good & bad.

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Withdrawal is Serious but not Necessarily Permanent!

- ◆ **Warning:** When the sharing of feelings stop – **passion dies!**



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STRANGE IRONY ABOUT ROMANTIC LOVE!

“When you have it, you think you could never lose it, and when you lose it, you think it can never be regained.”

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Romantic love can be Reborn!

- If ... You can feel **SAFE** to share feelings again.
- If ... **TRUST** can be reestablished so you can process the conflict
- So **INTIMACY** can be restored!

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This is the Key!

◆ If you can:

– Stay in *stage one!*

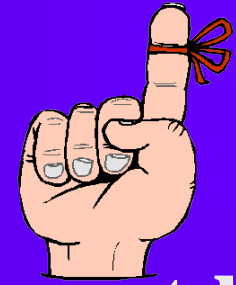
– *Avoid stage three!*

– You will be happily married!

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Remember!



If a wall has developed you must be willing to **go back through the conflict.**

– I → C → W

– I ← C ← W

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