



How to Have a Good Fight

Love Deeply Tool

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New research – Men and Women are Different

I. We don't even have the same goals when trying to communicate.

- Men use: FACTS talk – guys want the facts, “get to the point”,
 - Women use: EXPLORE talk – relational goal, a window of opportunity to build an emotional bond
 - Our communication is Different in **solving problems**.
- Men want to FIX problems – do this...
 - Women want to Experience REPORE – many facets,

Interaction:

1. What do you fight about?
2. You know it's a bad fight when?
3. What's the longest fight you've had?



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II. How do we bridge the communication gap?

1. CLARIFY CONTENT: – pick an audience member to demonstrate!

a. Misunderstandings, assumptions, expectations, read between lines, conclusions – words we use most frequently in English – 3.5 different meanings

i. Debi and I at the mall the other day – freezing

ii. I'm slow – to get out of the car – she's fast

iii. I start walking and I'm ahead of her

iv. She says if you keep doing that I'm going back to the car – We get to the entrance I'm thinking I must have cut her off coming into the mall – brain freeze

v. I turn around and she's halfway back to the car in the freezing cold, so I chase her down and bring her back arm in arm J

vi. **E.G. PPT- LOVEISNOWHERE** (Read it in your mind – now everyone together out loud. What phrase/words do you see in these letters?)



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2. REFLECT FEELINGS!

- a. River of emotions flows between you and your spouse
- b. Sift through the words and find the nugget of gold – emotion
- c. Wow, you get me. You feel known, You feel heard.
- d. Challenging task
- e. In the short time together tonight – 50% going to have a more difficult time than the other 50% J – do you know who you are?
- f. Women have a larger feeling of vocabulary than men
- i. Women – like a walking thesaurus of emotions – loads of feeling words
- ii. Men – ask them how they're feeling – response – fine – not hungry, I'm ok
- g. You don't have to get the feeling right but you will succeed as long as you're **genuine – authentic**
- i. like if I say to Deb – you seem upset about that – she'd say, I'm really angry actually – and I'd say yeah that's what I meant J – she won't shut you down
- ii. How do we know if someone is genuine – body language, eye contact, tone of voice,
- iii. **What** you fight about isn't as important as how you fight.
Researchers can predict success with a 94% accuracy rate – on success in marriage by how couples fight.
- iv. Conflict is never about the topic but about the message, the topic is sending you.



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3. Four RED FLAGS to stay clear of

a. Criticism

1. You always make us late – damaging
2. Complaining can be healthy

b. Defensiveness

1. It'll happen when you take stuff personally! – Stop it video!
2. Always escalates a conflict, never brings resolve

c. Contempt

1. Contempt is toxic, lethal to the relationship.
2. Diagnose the issue – late because you're so irresponsible, Character assault
3. Sarcastic – way to go, Einstein,
4. Nonverbal – Rolling of the eyes

d. Stonewalling

1. Emotionally shut down, withdraw,
2. Heart is hardened
3. Physically present but emotional stone wall – men get here faster -neck tenses – just tell me what to say and I'll say it
4. Women tend to be more critical where men tend to be quicker to shut down.



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4. How do we put this into practice?

- a. XYZ Formula – In situation X, When you do Y, I feel Z
- b. Negative Feelings buried alive to have a very high rate of resurrection!
- c. Relationship Temperature Reading
- d. L.O.V.E.
- e. Emotional Elevator
- f. Sharing withholds –
 - Positive – E.G. getting ready for church I thought you looked great but I got distracted and didn't speak it – Response: Thank You!
 - Negative – neg feelings buried – high rate of resurrection – When I came in from getting groceries you were sitting on the couch... you didn't get up to help me and let me bring them in by myself – Response: Thank you
 - Positive – When I came home from work today, you came to where I was and gave me a really warm and loving hug – Response: Thank you
 - For 30 min – you don't talk about the negative withholds – sometimes it's enough to be heard. –
 - 30 min – how long it takes your brain to go from reacting to responding

We're all going to have conflict but even in the middle of it, we can enjoy this beautiful gift called marriage.



Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

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