



# HOW TO **SOLVE** ANY **DISAGREEMENT** REAL CONFLICT RESOLUTION FOR **REAL COUPLES**

**ARE YOU WILLING TO GIVE UP YOUR OLD WAYS OF TRYING  
TO RESOLVE THOSE SAME OLD DISAGREEMENTS AND  
FINALLY ENJOY HAPPINESS AND CONNECTION?**

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Many of us have a primal need to be right at all costs.

This need to be right, costs us our happiness and peace.

The way to find real connection in your marriage is to give up right and wrong. What if no one has to be right or wrong? Think about it, no one really wins when we just try to force our “right” onto the other person, because the mutual love and connection is being suffocated. The relationship loses.

Most of us have no idea how to communicate without blame, frustration, defensiveness, or justification.

The first thing we must do, is understand the ultimate goal isn't to be right. The ultimate goal should be to strengthen the relationship.

This immediately removes the need for defense. Without defense, there is no need for offense, and the war is over.

What if you went into a difficult conversation by being willing to NOT be right? It will make all the difference. You can do this mamma! I'll hold your hand and walk you step by step through the process of solving your ongoing disagreements once and for all. [Keep reading below.](#)

## A NEW WAY TO HAVE A CONVERSATION

*Ready to try a new way to handle a disagreement in your marriage?*

Take a deep breath, be willing to think a little differently than you have up to this point. It might feel a little uncomfortable to let go of your old habits, but the outcome will be OH, SO WORTH IT!

Choose one issue that you want to work on with your husband. Find an uninterrupted time to talk without distraction.

### START WITH: TELL ME WHY YOU ARE RIGHT?

**“Tell me how you feel.” “Tell me what you are thinking.” “Tell me why this is for you.”**

Put yourself in his shoes.

Really see it from his eyes, his perspective and his thoughts.

*Where is he really coming from?*

*Can you understand it? Does it make sense, if you were him?*

Keep releasing your defensiveness and disagreement. This will probably seem counterintuitive. Keep reminding yourself that the ultimate goal is to make your relationship stronger, not to force him to believe you are right.

Make sure you fully hear him. Make a true effort to understand his every thought, feeling, action, and result.

*[Note that I didn't suggest that you will be getting the same luxury. Right now you get to*

*be the one who hears. Hearing from a different perspective is a great gift you give yourself. You will get your “sentence” below, but it only takes one person to change in order to make a huge difference. That person is you right now. It is worth it. I promise.]*

### NEXT: SIMPLIFY DOWN TO THE FACTS.

Once you have heard him out, identify the facts and make sure you can agree on them.

Facts always stand alone.

Everyone can agree on them.

They don't make anyone right or wrong. Facts are the common ground.

### NEXT: YOU EACH GET A SENTENCE.

To understand the real problem each of you are having, you need to realize that you are each taking the facts and viewing them in a different way. That is all. This is totally normal because you are two very different people with different backgrounds and ideas. Finish the sentences below and write them down, so you both are clear that the facts mean very different things to each of you.

1. He is making these facts mean .....(Sum it up in one sentence)
2. I'm making these facts mean.....(Sum it up in one sentence)

This is why we disagree. No one is right or wrong. Our brains have just created different sentences about the facts.

At this point explore how your sentences make each of you feel. Notice that it isn't the other person making you feel this way, rather it is your thought about the facts. When you take responsibility for your own thoughts and feelings, you understand that your partner doesn't have to change in order for you to feel love. You only need to change your thoughts about the facts.

## **FINALLY: TALK ONLY IN SOLUTIONS.**

Find a solution you BOTH AGREE on.

At this point, you are no longer allowed to talk about the problem. You can only brainstorm solutions.

The goal is to find a solution that makes life better than it was before you had the problem. Be willing to take some time with this.

Please apply this same method to all your disagreements in any of your relationships. It will feel a little awkward at first. Expect that! When you are learning and trying new things, it takes practice. Keep at it. It will get easier as you get more familiar with the process. Remember that growth is usually uncomfortable, but it is totally worth the effort!

Now, what are you waiting for? Go make your relationship even stronger than it was before the disagreement!

## **QUICK “CHEAT SHEET” TO SOLVE ANY PROBLEM**

1. What is the disagreement or fight about?
2. Why are they right?
3. Where are they coming from (what is causing them to take this stance)?
4. What are the facts that you agree on?
5. What is your sentence?
6. What is their sentence?
7. What are your thoughts about the conflicting sentences?
8. Quit talking about the problem and brainstorm solutions.
9. What is a solution you both agree on?

Want to take your marriage to the next level? [Click Here](#) to schedule a free 20 min consultation to see how I can help you apply these tools and so much more.