

Relationship Rehab Show

Episode 48: Is it Really Possible to Never Fight Again?

Yes! I know because my late husband Jim and I, after years of frequent fights, achieved this goal for the last seventeen years of our lives together.

I once had a client email me that he and his wife were quitting their coaching program because what I was expecting was impossible and irrational. I just laughed. All he was telling me was that he wasn't willing to adopt the skills that would make this goal possible for them. He didn't want to change.

I tell everyone embarking on a coaching process to help them achieve a much higher level of happiness that there are two dragons to slay before you can reach this goal.

DRAGON #1: Ignorance. If you already knew how to be happier you would be doing it. But since you don't know how, I will teach you. I have the knowledge, the experience, and the clearly laid out lessons to teach you the skills that invariably lead to a happier, more loving marriage. Dragon #1 down!

DARGON #2: This dragon is actually harder to slay. This dragon is labeled "Resistance to Change." Your immature self wants the other person to change. You shouldn't have to change. After all, you're right and he/she is wrong. "What I do isn't nearly as bad as what is being done to me," you say. And yet, if you want the results of a happy, consistently loving marriage where disagreements are settled respectfully, without fighting, both persons must make changes.

"What changes?" do you ask? Here they are:

1. Learn to deliver all of your communication in respectful words and behaviors.
2. Learn to respond to your partner's messages with empathy...the Listening to Understand skill.
3. Commit to respond to your own hurt or angry feelings by venting those emotions away from your partner, rather than at them by calling a Time Out on yourself.
4. When the strong feelings have been dissipated, discharged, come back to your partner to clearly, respectfully discuss the issue until it is resolved.

5. Make it a habit to go out on frequent “couple dates.” Couple dates do not include others. You need to remember why you love each other!
6. Give each other frequent, heart-felt appreciations. Those make each other feel important...something needed by every one of us.
7. Give your love via your partner’s primary love language.

When Jim and I learned these skills and practiced them regularly, we never again had even a harsh word between us. Any rare issue that arose, was quietly and respectfully dealt with within a few minutes. We experienced this goal because we were so tired of hurting each other and so committed to practicing the skills we were taught. We did it. Hundreds of my clients have done this. You can too!

You have my love and support!

Nancy Landrum

P.S. You can find plenty of support and directions at www.nancylandrum.com

www.RelationshipRehabCoach.com