

INTIMACY: When your partner can experience your vulnerability (incongruence, hurt, feeling devalued) and acknowledges your experience without judgement or getting triggered. It feels like love and acceptance. It's why most of us are in a relationship.

SAFETY: Being yourself without fear of your partner's judgement.

FUN: Safety allows us to risk being foolish and having fun.

COMFORT: Difficulties are made easy. Life is good.

BOREDOM: The good jokes have been told and the good food has lost its flavor. Don't worry this is normal.

ANXIETY: If we're made for each other right, so how can I/We be bored?

TENSION: We disagree but it's nothing personal... yet.

CRISIS: Now, it's personal. What did you just say to me?

NEGOTIATION: Clarifying what I meant. Asking for what I want. Foregive and try again.

COMPROMISE: I'll try harder if you'll help by being patient.



Platform
(Living their mission and flourishing)

CONFLICT: Underneath the bluster, it's an attempt to re-align our tolerance for being vulnerable.

Unproductive Conflict Involves 5 *Marriage Killers:

1. **CRITICISM:** A personal attack on your partner as a person and what they bring to the relationship.
2. **CONTEMPT:** You believe that you're a better person than your partner and you treat them so.
3. **DEFENSIVENESS:** Very sensitive and good at deflecting blame and accountability.
4. **STONEWALLING:** Turning off communication or leaving the scene to avoid conflict altogether.
5. **NO ATTEMPTS TO REPAIR DAMAGE:** The relationship has been damaged but there's no attempt to clean-up leftover resentments.

*John Gottman calls these concepts the Four Horseman of the Apocalypse.

There is hope. You don't have to go through this alone. There are processes to help build your emotional stamina. Your life CAN get better and so can your relationships at work and at home. I'm Ric Taylor. I focus on helping men and couples flourish. Call 720-924-1144 or see my website to learn more.



Relationship Cycle
(The personal growth machine)

Economic Arrangement
(The foundation)

- Trust
- Commitment
- Communication



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