

Oh no, Here We Go Again! (Communication & Conflict)

Watch the following Youtube Videos, answer the questions on your own. You will share your answers with your fiancé during a date you plan for after you finish this workshop but before the sixth session.

- a. **Watch:** *John Gottman: The Magic Relationship Ratio* (1:20)
- b. **Watch:** *John Gottman: Relationship Repair that Works* (3:25)
 - i. What examples of repair attempts did John give?
 - ii. What was the predictor of successful repair attempts?
 - iii. What were some examples of friendship overtures John gave?
- c. **Watch:** *GottmanConflict2* (4:53) (based on Gottman)
 - i. Which of the three ways to build Positive Communication Climate comes most naturally to you? (Circle) Which may be most difficult? (Underline)
 1. Enhance “love maps”
 2. Nurture Fondness & Admiration
 3. Turn toward each other
 - ii. Share with your fiancé one time recently when they did one of the three and what that felt like to you.

PREPARING TO LAUNCH

(if they've done all three, let them know that - if you haven't noticed them doing one or two, gently let them know that too)

- iii. Which of the six ways to walk into conflict come most naturally to you? (Circle) Which will be most difficult or less normal? (Underline)
 1. Complain but don't blame
 2. Use "I" statements
 3. Describe, don't judge
 4. Set clear expectations
 5. Be polite
 6. Be appreciative

- iv. One way to apply a number of these principles at once is to communicate hurt or sadness or offense this way: ***"When you (said ___, did ___, didn't do ___), I felt _____"*** – use the Emotional cartoons to help describe how you're feeling. (p 44)

- v. What does it sound like for you to "Describe, Don't judge?" Give an example

- vi. What was your most recent fight about? How did the conflict develop? Can you put your finger on one (or more) of the six healthy conflict principles above that either you or your fiancé didn't do that might have helped communication?

Complete the two workbook sheets on Communication (p 45)
Note areas you want to talk about during our session.

Plan a date for after you've completed this workshop but before our second session. Reserve time to share about your answers and observations and to pray for each other about specific issues.