

Stop fights!

Stop Fights!

Key Tactics To Deal With Relationship Conflicts



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Coaching

Before you jump in this book, I want you do something simple:

Check the following link:

<http://vitalcoaching.com/coaching.htm>

This is the way to access live help if you need it.

While you read this book, you might have questions rising in your mind and think:

“...I wish I could talk about this with someone...”

You can!

No need to isolate yourself with your relationship challenges.

Getting targeted feed back and extra strategies for your situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

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Part 1 – Fights dynamics

The first step is to understand the dynamics of fights.

Before you design a new ground for your relationship, you want to analyze the underlying dynamics which bring you to conflicting tensions with your partner.

In the next few pages, you will discover why fights happen in your relationship.

Why fights happen

Fights happen because there is a conflict for power.

You have two mind sets: yours and your partner's one.

These two mind sets do not match.

They clash.

This can happen anywhere, any time with anyone.

So why is it creating such a challenge within your relationship?

It creates such a challenge because this is the person you live with.

When you have conflicts at work, you take off in the evening and can relax at home.

Now, when you have conflicts at home, where do you find the space to relax.

You simply can't.

You get stressed up, more and more tense and build resentment and aggressiveness towards each other.

The reason you fight is because you don't manage to solve the power struggles in a different way.

Again, the dynamics are very simple:

You want something.

Your partner wants something else.

You fight to win.

You fight for your mind set.

You feel pressured.

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You feel challenged and cornered.

You react by defending your territory and your mind space.

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Control issues are the core of any fight

Control is a natural given power.

When you are born, you are given the power to control what is yours.

Your thoughts, emotions, feelings, beliefs, actions, attitudes, time frame, personal space and belongings are all yours.

Your most basic human right is to have control over these aspects of your life.

If someone tells you what to do, what to wear or what to think, they already steal a basic human right from you.

Now, when you partner with someone within a relationship, something new happens: you start calling someone else "my partner", "my husband", "my wife", "my boyfriend" or "my girlfriend".

This is where the problem rises at first.

It creates a natural "sense of belonging".

Now, what does this partnership mean?

Does your partner say something like:

"From now on, you are the one who tells me what to do and when to do it. You have the power to direct my thoughts and feelings and I surrender my own will power to your will"

Of course not!

What you partner says is:

"We partner in a space of mutual respect. I stay master of my life but we create a new entity called "us". I transfer part of my

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individual power to our relationship so that we can live and evolve together in harmony”

The moment your partner believes he has the right to tell you what to do and how to do it, he crosses the line.

He can suggest, he can guide and he can propose you alternatives but you stay in charge of your actions no matter what.

Your attitudes, beliefs, time frame and other aspects of your personal integrity stay yours, always.

The moment someone steps in your territory and steals your right for self determination from you, you react and fight back.

You fight for your freedom of thought and action.

You are and stay in charge of your life!

Of course, it works both ways.

The moment you tell you partner what to do without him giving you this right, you are already abusing your power.

You can say that you do this in the name of your relationship or in the name of protecting your children; you still take away his power for self determination.

If you end up fighting, it is the sign that a part of him reacts and does not want to give you the right to control any part of his life.

Control is a very powerful force.

It is useful and needed in society.

Now, it is as well a weapon which can turn against your relationship.

Most relationship fights and break ups happen because of control issues.

When a couple breaks up or divorces, all they are saying is:

“This relationship became too limiting. I need space!”

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The moment you fight with your partner, you are saying something similar:

"I am losing control and I don't want to. I will fight to stay in charge of my existence and express my will power".

Of course, you work together in a relationship and this means sometimes that you accept someone else's opinions and ideas and even put slightly aside your individuality in the name of the relationship.

You will see later how to still make it work.

The first goal here is to unveil these power dynamics and understand why conflicts happen.

Control issues are in the core of most relationship fights.

Can you see how it works?

When you fight, your relationship is under attack

Your relationship is under attack.

Your couple's foundation lacks power and this creates inner tensions.

This is a battle for your couple's survival.

Fights can drain the relationship.

They can drain love and destroy harmony.

You have two options:

- The first one is to let it be. Sooner or later you'll feel a breaking point or simply keep reproducing a dead end loop which destroys your life
- The second option is to **take serious action** and do whatever it takes to solve this.

This is what this book is about. You want to find new weapons to defend your relationship's space.

What I want to say might surprise you: what you need is better fighting skills. The reason you fight is because you lack power and effective fighting skills.

Fighting is an emotional response. It is your best shot at trying to defend your territory.

You and the couple are stressed up. You are under attack! These attacks can be internal or can as well be external pressures from work, friends, society, in laws, etc.

The pressure comes as well from the material and financial side. A huge amount of couple fight over money for instance.

Add to this demands from your partner or children and you get the picture. So much of you that wants your attention.

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Fighting is your emotional response to all this pressure. It comes from a need to protect your mind space and personal space.

What to do?

Here are some key strategies to handle fights:

- **Do whatever it takes to break through!** You already took a step when buying this book. The next step is to take action. It takes 1 to 3 months to design a new ground for your relationship. Follow the strategies and apply them!
- **Stop blaming your partner.** Sure, he is not perfect. He is still the one you did choose. When you blame, you attack. He responds. Don't attack! Don't blame! When you attack, you create a gap between the two of you. You are partners on this battle, not enemies!
- **Be masters of your relationship.** When it comes to decisions, make sure you are the ones who have the final word. It is your space. It is your territory. Don't let anyone else overpower you.
- **Create dialogue!** Dialogue and diplomacy are the real alternative to fights. Create a forum space. Get the skills to develop harmonious communication with your partner.
- **Develop new fighting skills.** Fighting is fun and healthy. There are ways to "fight clean" which are empowering for the couple. Fighting is positive defense and attack mechanism. Fight clean!

You probably got it by now: This book is battle strategy.

It says:

Keep using your fighting power but use it to defend your relationship's territory.

You and your partner are together on that.

Your relationship is under attack.

This is why you fight.

This is about gaining new dialogue and fighting skills to face this challenge.

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There is nothing wrong with fighting every now and then.

The need to fight is a natural human instinct.

However, when you discover that your relationship is being destroyed by it, it is time to shift some key behaviors.

Develop a new mind and emotional set!

This is what this book is about.

It will give you key strategies to win this battle.

This is about you! It is about your relationship!

Do whatever it takes to break through and bring back harmony.

Your couple is worth it!

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Clash between energy realities

Fighting happens because there is a clash between you and your partner.

You have two will powers and two desires.

The fight is the battle between two different energy realities.

The words and the visible aspects of conflicts are only a small part of this battle. Inside, another battle is going which is a psychic battle. This is the real conflict. That's where tensions originate.

Your mind is a territory.

When it gets invaded, you fight back to protect it.

Any form of irritation or tension is the result of an invasion of your mind by external energies.

Imagine having your partner playing loud music. It can irritate you because it impacts on your mind and invades your mind space. The result? Tensions build up, you get angry and attack to protect your mind space.

It is natural. It is an instinctual response.

When you fight, your two energies clash. They compete with each other for power and space.

Tensions rise because a part of you is attacking or being attacked by your partner.

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Why a psychic battle?

A psychic battle is a battle of energies.

Your energies compete with each other.

Instead of vibrating together, they attack each other.

Psychic battles happen all the time with anyone.

It happens in nature in the competition between species.

It happens within a community of monkeys.

It happens in businesses.

It happens in sports and social life.

It even happens with couples and families.

This is what you face right now.

Suppose a conflict is waking up in your relationship.

You can sit down and talk about it or you can fight.

If you sit down, you use diplomacy.

You use dialogue and communication skills.

The goal is to create peace and harmony, right?

On the other hand, when you go for the fight, you use your fighting power.

It is an emotional response.

You use your fighting abilities.

It is an instinct in you.

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You simply use your survival drive to attack your partner or defend your territory.

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Fighting is a natural instinct

Fighting is natural.

This is why it exists in the first place.

It is related with a instinctual need to conquer and survive.

It is present in the very core of nature.

Nature created these instincts.

Usually, they have a positive role in human evolution and in your life.

You use fighting to defend yourself and to conquer new territories.

When you educate your children, you'll say things like:

"If someone hits you defend yourself. Don't let anyone put you down"

You ask your children to use their fighting power.

You tell them to tap into this natural instinct.

The same happens with sports.

Competition is simply a form of fight with specific rules.

When you compete, you want to win over your opponent.

With fighting sports, the fight aspect is obvious.

With athletics for instance, you compete for better performance.

It is always a form of fight against an opponent or your own limits.

Fighting and competition are everywhere. They are part of the human spirit.

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What is wrong then?

Fighting and competition happen within a context.

The main goal of your family, couple and relationship is to create love, harmony, peace and complicity.

The goal is to create a secure base of love and harmony.

A reasonable dose of challenge, fight and competition is not only needed, it is healthy.

However, when you fight too much, you bring the couple's equilibrium out of balance.

You stay in the competitive or fighting mood all the time, which destroys your couple's emotional foundation.

You and your couple need space to rest.

After a day of work, you usually want to come back into a home where there is peace, not fight.

Fight and competition already happen with work and business.

This is where you express your conquering power most of the times simply to make a living.

Working is like a modern version of hunting.

In the origins of humankind, you would go hunting to eat.

You would fight for territory and shelter.

Nowadays, we still compete on a business ground.

The main goal of business and work is first to provide food and shelter for you and your family.

All the extras come after. If you had just enough money to survive, you would first get food and find shelter.

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The couple or family space has another goal:

It is a nurturing environment where you are supposed to relax.

When you fight with your partner, you stay in the "conquering mode".

You attack and challenge each other.

The result?

You can't relax.

You can't find peace.

Tension builds up and you simply create ongoing "fighting" patterns in your home.

Underlying dynamics triggering fights

If you are supposed to be in harmony, why do you fight?

It is very simple: your couple is under attack.

Put it this way:

Your fighting is the result of your inability to protect your couple space.

Your couple is under psychic attack.

You pick up on that energy individually and project it on each other.

There is nothing wrong with neither of you.

You simply miss a stronger emotional power base for your relationship.

Take this example: You have a very noisy neighbor.

He wakes you up in the middle of the night.

You two start talking about what to do.

You realize you don't agree on what to do with it.

It creates tensions.

You start arguing.

You end up having a serious fight about this whole issue.

What started the fight is not you: It is your neighbor's music.

You simply did not see it coming.

Your fight is part of a larger set of dynamics.

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There are other forces involved.

You happen to be at the center of it.

Your couple is under attack.

All you need to solve the conflict is to bring in extra power to secure your relationship's foundation.

This means protecting your territory.

As a couple you need to compete for survival.

You are submitted to many pressures like financial, social and performance ones.

This creates a high level of stress within the relationship.

This stress is imply the reflection of society's stress.

Many of the issues you fight about are more than the fight between tow individuals: they are the fight between different sets of values, beliefs and attitudes.

In other terms, the fight in your relationship is a microcosmic reflection or a bigger fight going on in society.

For instance if you want children and your partner doesn't, your fight is a projection of a much vaster battle:

- What are you friends and family going to say if you don't have children?
- How is another mother or father going to look at you?
- Is your career going to give you enough satisfaction?
- Etc.

Society's pressure is projected on your relationship.

If your relationship's foundation is very strong, you manage to maintain harmony, love and respect between you and your partner.

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On the other hand, if you have doubts and don't stand in this together, you will feel small divisions growing into vaster and bigger differences.

Your in laws, friends or colleagues at work all play a role in that.

It does not mean that they are the conscious cause of your fights. It means that they often play a serious role in the battles between you are your partner.

Fight triggers

When you fight, you tend to intrude on your partner's territory.

You stop trusting them and push them to change, act or do something differently.

The moment this happens, it is a lost cause from the very start.

Why is that?

Because you believe there is something wrong with your partner or their actions.

The moment your partner yells back at you, it is already because they feel cornered, attacked or challenged.

The family or relationship space is supposed to be an environment which is secure and in harmony.

The moment they feel attacked, they do respond:

"Give me a break! Give me space! I have been working the whole day and now, I want to relax"

The situation can be different but what they say is always the same:

"Give me space. I don't want to deal with this right now".

This is a defensive move, right?

Is it justified?

Yes! 100% yes!

You are in a home.

A home is a protected space.

It is a place where you want to feel safe.

Stop fights!

Sometimes your partner simply does not have the energy to face extra challenges or demands.

You can talk about what you want but don't catch him by surprise.

Create a special moment and say what you feel rather than talking about what they do or not do.

This process is described further in the chapter [how to establish dialogue](#).

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Shift from fighting to constructive communication

One of the main challenges with relationship fights is:

How to bring fights to a diplomatic ground?

If there is tension and the yelling gets loud, you simply want it to stop.

You want new skills to do that.

You want to shift the conflicting ground from fighting to dialogue and diplomacy.

This requires a new set of skills.

Dialogue means win-win.

It is simple. Dialogue means relationship synergy.

When you fight, you attack your partner or defend your territory. Someone wins. Someone loses. If you had enough of that model, you want to discover a new way of relating.

Empower your relationship!

This means developing new skills. It is okay to fight when you two choose for it. Fights can be healthy and constructive. However, when you two are victims of your own temper, it is time to find a new set of effective strategies.

What are they? They are a new mind set. It is a new relationship vehicle that you create.

This new relationship vehicle is dialogue. It is communication.

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How to learn these new skills?

It is very simple:

Try, practice and experiment.

Establishing a new communication style with your partner is not something which happens overnight.

You need to give it time, space and invest yourselves in it.

It is like any other skill.

You need time and space to practice.

What does it take?

If you invest 30 min a week, you'll be able to deeply reshape your communication style within 1 to 3 months.

I guarantee you that this works.

All you need is two partners willing to take the steps.

You believe that you come into a relationship with all the skills you need? Wrong!

You often need to learn new ones along the way.

Relationship skills are not something you train at school or at the gym.

It is something you usually learn from scratch reproducing the models of those around you.

It is 90% instinctual.

You might have read a couple of books on relationship success or talked about your couple challenges with a counselor.

Usually, that's about it, right?

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Your instincts are powerful.

They already know most of the answers.

Something in you knows all the right moves.

Now, when you want to create harmony, you need to trust those instincts and wake them up.

Hard to believe, but fighting can become a comfort zone.

You simply keep on reproducing the "fighting model" because you are used to it.

The challenge is actually to shift that model and establish a new behavioral set in your relationship.

This means that you want to step beyond your comfort zone and **communicate in a way you didn't do before.**

This is a significant shift!

It puts you under pressure because you need to integrate new ways of thinking and new behaviors.

However, the results are so thrilling and exciting that it is truly worth doing whatever it takes to discover those new skills.

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If your partner irritates you

Irritation is the real challenge. This is where it often starts.

Suppose you start a fight without a reason.

The trigger will often be that you feel irritated by one of your partner's actions, ideas, beliefs or attitudes.

Have you experienced it?

Irritation happens because your mind is invaded by an idea or energy you don't like.

Irritation is the result of an attack on your mind. Irritation is the way your emotions react to this attack.

Attack is a strong word but the mechanism is always the same: Something challenges your emotional space.

Because you live together, your partner has greater access to your emotions.

When you stand on a common ground, this sharing of energies creates love and happiness. When you stand on different grounds and have different ideas, attitudes or behaviors, your emotional body is challenged.

Irritation is like a flame burning you on the surface of your mind.

When you feel irritated, you want one thing: space!!!

You want to fight back.

Do you recognize the pattern?

You come back from a party. Your partner is driving. He makes an insignificant comment over one of the guests. It irritates you. And you respond in an aggressive way. He attacks you back and that's it!

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The self destructive spiral takes over and you end having a big argument over something insignificant.

The real reason why you fight is because your minds are clashing. Deep inside you disagree on an energy level. You are simply not in tune.

What to do about it?

You have two possible strategies to handle such situation:

- **The first strategy is to use this trigger to grow apart.** Irritation is the visible part of something deeper. Maybe you wanted to break up a long time ago. He is on your way for you achieving your dreams. Your irritation is simply your way of expressing a deeper frustration. You can listen to your need and create space or even break up. Listen to your deeper needs and do something about it.
- The second strategy is to empower your relationship. This means stimulating the binding force, learning to communicate better, letting go of little things, etc. This means that you develop new relationship skills to help you tackle irritation.

Can you see how this works?

Let's focus on these two strategies.

Get in tune with each other

If you want to stay together and not be irritated by your partner's attitudes or actions, the goal is to stimulate the binding force between the two of you.

This means that you get in tune with each other.

You learn how to be on the same wave length.

The emotional body of the relationship is like an intelligent entity.

Imagine an open space.

This is your relationship.

The goal is to empower the emotional foundation of your relationship.

When you get married or make love, this is what you do: you nurture the binding force. If you decide to buy a house or have children together, you establish a partnership.

Again, you empower the foundation of the relationship.

You can partner for life. You can partner for a short period of time as well.

In reality, there are two type of forces in relationships: those who bring you together and those who draw you apart.

When you fight, the destructive power takes over. If the fight is purely destructive and draining, it is a force which splits you and draws you apart, right?

What you want is to connect with another force which will bring power to this situation and either dissolves the fighting need or turns the fight into a constructive exchange.

There are ways of stimulating the binding force between you and your partner.

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Anything which brings you on a same wave length does work.

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Don't let life challenges negatively impact on your couple

Fights are often the result of an external pressure.

- Problems at work
- Business crisis
- Insecurity and self esteem issues
- Material or financial crisis
- Pressure from friends, children, ex or in laws.
- Moving house or rebuilding
- Etc.

Don't project this challenge on your couple.

Limit the challenge to its real size and don't let it create a snowball effect.

Suppose you face a challenge with your business.

You come home. You are irritable.

You start a fight over something insignificant.

Instead of going that way, you can hit the gym and get rid of the extra frustration you feel.

You need to be aware of these pressure dynamics so that external challenges don't negatively impact on your couple!

Got that?

This is one of the key dynamics to understand if you want to stop fights and manifest harmony in your couple.

Control free or control freak?

Most fights are related with control.

Suppose you are a woman and you want something from you partner. You feel like you are doing all the work at home while he wants to have a drink with his mates. You catch him just before he leaves!

He reacts. He yells at you. You fight. He slams the door and leaves.

No one is guilty! It is essential to realize that in such situation, you are both wrong and both right at the same time.

You are both following your instincts and responding to your needs. It is your role to do so.

When he decides to go for a drink, he responds to a desire to be with friends and chill out. It's normal. It is reasonable. It is a human need.

You respond to the need of having a clean house. You need support. You need help. Again, it is reasonable and human to do so.

The moment a fight starts is the moment you try to influence or control his actions. That's the moment he responds.

The trigger is: trying to control someone else's action.

Your partner's human nature is trained to protect his territory. His territory is his mind, personal space, actions, time frame, belongings, beliefs and emotions. This is what belongs to him. As an individual you are given the human right to have control over these.

Sometimes you do delegate your power:

- **It happens with work:** the organization you work for has some influence over your work. You accept that in exchange of money, someone else is given the right to tell you what to do.
- **It happens with parents:** they are given authority over their children to protect their growth and security).

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- **It happens as well to a certain extent with couples:** you make concessions.

I repeat this again:

When you are born, you are given the right to control what is yours. Your actions, beliefs, time, personal space, mind space, emotions, etc. All these are yours.

You are as well given defense mechanisms to defend your territory. If someone tries to steal your car, you'll react, right? "Hey this is mine!"

Society and natural instincts give you the power to have control over what is yours. You have laws protecting those rights.

In a relationship, you have some transfer of power happening. This is a common agreement. This agreement says something like:

"We live together and have a relationship and therefore we accept to make some concessions and transfer part of our individual power to the relationship"

When you step into a relationship, you can sometimes commit a very basic mistake: Tell to your partner what they should do or believe.

Something in you believes it is your right to tell it to your partner. I believe it is usually not.

The rule number one must always be: respect your partner's space.

If you feel disagreement, get together and establish dialogue.

You don't attack. You don't yell. You don't challenge. You simply say something like: "I face a challenge with something in our relationship. I would like to sit down and talk about it. When is a good time?"

Then you follow up with establishing dialogue.

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The basic mistake is to believe that you are given the right to control someone else's actions in any way. Any individual always stays master of their actions. It is necessary. It is healthy and empowering. The moment you want to control someone else's actions, you disempowered them. This is why they will react or build up resentment.

The number one relationship killer is excessive control over each other. Excessive control in a relationship kills life force. It kills harmony, love and sex drive. In fact it kills the very essence of a positive and healthy relationship.

You want one simple thing: **replace control by freedom!**

Most fights are related with control and power issues. Someone who reacts does so because their space and freedom is invaded in some way.

They feel emotionally trapped and yell to defend their territory.

If you need something from your partner, attacking him is not the way to go. Dialogue, diplomacy are the qualities you need to develop for your relationship.

You want space, freedom and win-wins!

Minimum control! Maximum freedom!

Can you see what I see?

Part 2 – Best strategies to stop fights

A fight is a battle.

If you want to solve or effectively deal with fights, you need effective strategies.

Now, a strategy is not a formula you apply without thinking.

You need to use another tool: Your instincts and common sense.

These are various tools.

Use them wisely and trust your instincts.

These skills are already in you, in your genes. All you have to do is bring them to the surface and actively manifest them in your relationship.

Try and experiment!

It takes some focus and dedication to integrate new skills in your relationship.

Love!

Love is a key direct solution to relationship fights.

When you fight, you are in the territory of power dynamics.

Extra love and respect are the core qualities you need to manifest in your relationship when fights go out of hand.

The next question is:

- "How do you increase the level of love in your relationship?"
- "Is love a quality or substance you can wake up and consciously manifest in what you share with your partner?"

The answer to the last question is "yes"!

Love, harmony and respect are qualities you can consciously invite and wake up in your relationship.

Take this simple example:

The moment you buy a bunch of roses for your wife, what do you feel is the impact on her mind?

What do you think it makes her feel?

Suppose you are a man. You arrive home after a day of work.

Here are two example of what you can say:

- **First option:** "I thought you were picking up the kids from school"
- **Second option:** "Here is a bunch of roses for you. I love you!"

Which one of these two do you think she wants to hear?

Which one of these two is inviting more love and harmony in your relationship?

The first option says something like:

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Stop fights!

"You have duties. I have been working the whole day. Why don't you do your part?"

The second option says something like:

"I have an immense respect for you and I love what we share. There might be some practical details we need to work on but these are irrelevant compared with the pleasure of sharing every day with you"

What is the conclusion of all this?

You are the architect of your relationship!

Love, harmony and mutual respect are qualities you can wake up and invite consciously in your relationship.

Love needs to be nurtured.

It is like a secret garden which needs to be watered with good care.

Fighting skills

Part of what keeps you in the fighting cycle is that either you or your partner feel hopeless.

You want to express your power but don't know where to start or how to do it.

The result?

Fights become extremely draining.

You build up resentment and enter into a tension build up with your partner.

Fights are healthy and okay in relationships.

You can't avoid having areas where you might disagree:

- Holiday destination
- Education of your kids
- Extra marital connections and friendships
- Life choices
- Sex and intimacy
- Etc.

There are dozens of areas in relationships which can trigger conflict and difference of opinion.

In fact, it is more than a difference of opinion. It is a difference of life vision and plan.

You are two architects and you are fighting over the key points of your relationship.

Some of these issues are important.

The goal here is to shift the fighting rules and develop new fighting skills.

Stop fights!

Fights can be fun and immensely constructive depending on how you look at them.

They can be an occasion to grow together and unveil a third option which is even better than the ones you came up with at first.

You can fight and be in tune with each other.

You can fight while building up relationship synergy.

A fight is the result of competition.

Now, some competition is always healthy.

When two minds and vision compete, it forces them to look deeper and perform better.

Your present limits are not your real limits.

Competition forces you to look deeper and really test your core values, life style, beliefs, actions and attitudes.

It is a positive evolution.

You might strengthen you believe in.

You might shift some opinions.

The moment you see the constructive aspect of conflicts, you look at relationship fights in a different way.

You empower your fights and make sure that they do take you somewhere.

Fighting can as well be a way of releasing tension and building up power in your relationship.

It is like a symbolical "kick boxing session" in which you unload extra accumulated tensions.

You do this with awareness.

Use your husband as a punching ball every now and then (☺).

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Stop fights!

This might be the perfect tension release you are looking for.

Fight clean!

Design rules.

Talk about it with your partner and find out what is okay and what is not.

You don't want anyone to get hurt.

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Stop fights!

Extra power and confidence

When you fight, you express your power.

Fighting is your best shot at expressing what you want.

The reason you fight is because it is the only alternative you see to express what you want.

Fighting is an emotional reflex.

Now, when you have extra power, confidence and stronger emotional foundation fighting might not even be needed any more.

Imagine your life as a territory.

When someone invades this territory, you fight back to defend it.

Now, imagine creating a fence around this territory.

The fence will play the protective role and you will be able to give your sword a good rest, right?

Suppose you are a woman and your boyfriend systematically challenges you when you come back home.

It can be anything: jealousy issues, accumulated tensions, overspending, etc.

Suppose for instance that you did spend 200\$ on a piece of furniture he sees as useless.

He attacks you on that. You fight.

Now, imagine that you are extra confident and you know you did the right thing.

You'll simply answer something like:

"I won't fight over this. It used my own money and I know I did the right thing. Now, I had a long day at work and this evening I want to relax and hold you in my arms. Do you feel we are worth it?"

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Stop fights!

This is a clear statement.

You have protective fences of power and inner confidence which protect your personal space and actions.

He can't reach you!

You are invincible! ☺

There are a few elements which can immensely empower the way you stand in your relationship:

- Some financial autonomy.
- Your own business, work or successful career.
- A strong circle of friends and connections.
- Satisfaction with the place you live in.
- Good health and high energy.
- Sexual satisfaction.
- Life vision, goals and exciting perspectives.
- Free time.
- Etc.

These are about personal fulfillment and life power in your life.

If there is an important area in your life that you don't really "own", it can create a big power gap.

The fights and struggle you face with your partner can be the reflection of this gap.

You might for instance feel frustrated with your career and project this on your partner and relationship.

Can you see how this works?

Extra power and satisfaction give you the feeling of "ownership" over your life.

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Stop fights!

If you see an essential aspect of your life which is not fulfilled, do something about it.

This will ease the tensions between you and your partner.

This works both ways of course.

Sometimes you see your partner aggressing you over something insignificant. You know your relationship is fine.

He might simply be facing some health challenges or be trapped in some tensions at work.

The best way to solve this is dialogue.

Say something like:

"Look. I know we are fine and there is no reason for use o fight over something so insignificant. I can see that the real tension has to do with your colleague at work. Why don't we talk about the real source of tension? I want to help you with that."

Extra power is a quality you want to manifest in your relationship.

Harmony with your partner is intimately dependent on how much power you have to protect the territory of your relationship.

There are three areas where your relationship can gain extra power:

You

Your partner

Your relationship's foundation

If you discover a gap, do something about it.

Check your own life first. This is the area where you might be more likely to have the most direct impact.

Take steps to empower your own personal foundation.

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Trust

Trust is another quality which immensely empowers your relationship.

Especially with jealousy issues, it is the number one solution.

Again, it is a quality you can consciously manifest and invite in your relationship.

When you say to your partner: "I trust you" you give them power.

In fact you manifest a new unifying force in your relationship.

Trust is one of the core values in relationships.

If you feel there is a gap on that level, find out why and bring this to a dialogue ground with your partner.

Be real!

Honesty!

Trust is a quality you consciously choose for in your relationship.

Stop fights!

Shift from fight to dialogue

When two neighboring countries disagree, they usually sit at the negotiation table.

If you are wise, that's what you do, right?

Dialogue and diplomacy are skills you learn and develop.

You can use these in your relationship and real life.

If you disagree on an issue, rather than attacking each other by surprise, you can actually come to a mutual agreement:

"Hey, I can see that we have a different opinion on that. Why don't we sit down and talk about this?"

Of course, diplomacy has certain rules. The first rule is respect for other person's opinions.

A relationship is not an autocratic system.

It is a partnership where two persons share power and decisions.

Next time you feel tension heating up, instantly shift the way you communicate.

Shift from fight to dialogue.

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How to establish dialogue

You establish dialogue by thinking win-win!

That's it!

You shift from win-lose model and start thinking in win-win! All the time!

Your relationship is about a victory for the two of you! When you sit down and talk, you say things like:

- **"How can we make this work?"**
- **"What do you feel we can do about it?"**
- **"I believe we are worth it!"**
- etc.

All these expressions are the reflection of a mind set. It is a way of thinking. This way of thinking has one target: to win!

This is not about you or him winning. This is about your relationship winning!

When you fight, it is truly your relationship which is under attack. You want to bring in new power to **secure your relationship's emotional foundation.**

The relationship has a "spirit". The spirit of the relationship is the binding force. When you get married, you invoke a binding force to strengthen and empower your relationship.

Dialogue works in the same way. Speech is a binding force. It is a powerful exchange which sends out one simple message: We stand in this together!

Stop fights!

Create a forum space

If dialogue does not happen in a spontaneous and instinctual way, the idea is to formalize it.

Don't be scared! This is a good thing: You want to have **a meeting with your partner**.

You need to make an appointment (yes! I'm serious! :-)). Put 30 minutes aside and fix a time.

I know that this can sound artificial but it is not. It is actually the most effective way to empower your relationship. You give it direction and bring in a new quality.

Here is how to establish it:

If you feel your relationship is in trouble, go to your partner and say something like:

"Look, something is not working and I believe we should do something about it. We are growing apart and I don't like that. Our relationship is worth fighting for and I want to reconnect with us.

Let's fix a time on Thursday to talk about it. 8pm?..."

Get your partner to agree! This is about your relationship's survival.

On the appointed day, open a bottle of red wine or other drinks. Make it cozy (not intimate :-)). Turn off your mobile phones, make sure you won't be disturbed and sit down.

Give each other 30 min. That's all.

Whatever you reach after 30 min, drop it and let it go. It is okay if you did not break through. Simply drop it after 30 min no matter what.

Next week, do it again.

Here is what you can say when you start:

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Stop fights!

"Look, over the last few months, I feel we have been really stressed. There is more and more tension between you and I and I would like to do whatever it takes to bring back the complicity between us. Do You feel the same? What do you think we should do?"

As you can see, this is not an attack on your partner. You talk about the relationship and finding strategies to solve the challenge.

If you respond to tensions in such a way, you'll give each other space to express feelings and concerns.

I know this looks formal but it is by far the best approach. Believe me! This works! All you have to do is get over the apparent formality of this approach and do it. Go for it!

Design strategies together.

After 30 min, drop it and do it again the following week. Make it a weekly habit and a priority.

It takes a month to establish it and 3 months to feel like you truly own this new "communication tool".

Why 30 minutes? Because after 30 minutes the intensity and positive energy drops. Finish on a high note when you still have lots of extra energy. Don't stretch it.

Gather ideas, write them down. Take notes for the coming week and next meeting.

It takes time and dedication to establish new relationship skills. Your couple is worth it! Do it!

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Synergize your couple

Are you familiar with the term synergy? You might have heard it in a business context. Synergy is usually what you want to create in business meetings.

Synergy is the ability to come together on a common ground so that the force which is generated is greater than the sum of the individual's energies involved.

Synergy is cooperation.

Synergy is "synchronized energy". You are in tune. You are on the same wave length. This is the moment magic truly happens, and this is the goal of your dialogue.

Dialogue is not some form of boring one on one exchange. Actually, it is quite the opposite! **Dialogue is just one way of sharing life force**. When you speak, you impact on the other person's mind with your emotions and ideas. You establish a bridge.

This bridge creates space.

There are three will powers involved in this: You, your partner and the spirit of the relationship.

What is this spirit? It is the binding force, love, common vision, the plan, the spirit which brings you together.

Your relationship's spirit is the energy which is "around" the two of you.

Stop fights!

The number one strategy to solve unwanted fights

Dialogue is the number one strategy to solve unwanted fights.

You want dialogue to be a habit.

Imagine two countries in tension.

Imagine what would happen if they were simply attacking each other the moment they disagree on a topic.

What happens instead? They solve their disagreements in a diplomatic way. Dialogue! You don't grab your weapons; you sit down and discuss the issues together. **The goal is to create synergy.** The goal is to create win-wins. You want everyone to be a winner in conflict situations.

To do this you need to sit down and talk. There is no way around it.

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Drop it!

This is the most direct way of ending a fight:

Drop it!

If you are the one who wants something you can't get, simply try dropping it.

Suppose you want to go out on Saturday night and he wants to stay home.

The fight issue is about convincing him to do something with you, right?

You try to have some form of influence over the way he will spend his evening.

You can fight over it or you can drop it!

What do you do when you drop it?

You stop trying to influence or control your partner's actions.

You find another alternative:

"Hi Sandy, it's me... Jim wants to stay home but I have this intense urge to party tonight. Are you in for it?"

What does it take to shift your behavior?

You need to step beyond your comfort zone.

In a way, it is more challenging to go out with your friend Sandy than to simply go for the natural option: You and your partner

When you see you that you fight over something you can't control, drop it and use your energy and time in another way.

It is frustrating to conquer a territory you can have.

Your partner is the official owner of his time.

Stop fights!

Again, he is in charge of it. All you can do is suggest and respect his choice.

Put it this way: there can be 100% reasons he wants to stay home.

It is his right to decide for himself.

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Stop fights!

Dare to take some distance

If you fight too much, it can be the sign that you are saturated from each other's presence.

Your relationship can actually be asphyxiated by being too much on top of each other.

Having time off is healthy.

Design activities and time where you are not with your partner.

Dare to take some distance and break the cycle.

This is refreshing.

You connect with new energies, reconnect with friends, focus on your career, etc.

When you fight a lot, this is a super healthy move.

Dare to take some distance and gain power on your own.

If you are too close to each other and build up tensions, you can lose track with who you are and what you want.

Emotional tensions are draining.

You want some fresh air and emotional space.

This gives you the opportunity to build back your emotional foundation.

When you are drained, there is not much you can actively do for your relationship.

Focus on yourself first.

Dare to be selfish and do what it takes to recreate a healthy power base for yourself.

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How to give each other space

If you realize you want space, the challenge is actually to create that space.

When you have been living together for months or years, you get used to each other's presence.

You create a comfort zone.

Even when you fight with your partner, your fighting is still within your "comfort zone".

It means that you are familiar with this "emotional environment".

Giving each other space or breaking up is something different.

You usually step into the unknown.

If you are used of going out together on Saturday night but know it always ends with a fight, it takes courage and determination to go for something different.

You can spend the evening apart and go out with your own friends for instance.

You can decide to stay at home and let your partner go out by himself.

This is the real challenge. It works to give each other space. It is healthy to spend some time apart and have time "off" in a relationship.

If something tells you it is not right, delete this idea right now. What is not right is to spend your time fighting when you could have a fine evening on your own. Dare to do it. Dare to take distance.

You do this by taking a small step. Just one time, say something like: "I won't go this time. Go by yourself. I prefer staying at home and calling a couple friends..."

Stop fights!

Try it out! This works and it can save your relationship.

The common belief is that people who love each other should be able to be always together. Wrong!!! 100% wrong!

The fact that you are not together one evening does not mean that you don't love each other.

It means that you give space to your own individual integrity.

When you get into a relationship, you don't stop existing as an individual.

Nature maintains your individual integrity.

Now, sometimes your individual identity needs to be fed. You need to reconnect with who you are when your partner is not around.

This is why you need time apart: to reconnect with yourself and to empower your own individual emotional foundation.

When you get extremely irritated by your partner, it is the sign that your own individual identity is falling apart.

Having time for yourself will give you what you need and empower your individuality again.

This is super healthy!

When you come back to each other and share time again with your partner, you know it is because you want it, not because of a simple habit.

You function better when you are strong as individuals and as a couple.

If having time apart feels really good, my advice is simple:

Get more of it!

Don't force yourself in spending time with your partner if you don't want to.

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Stop fights!

If you want your own place, go and get it!!!

Don't believe that you have to stay in a relationship which does not fulfill your needs.

If it's freedom and total autonomy you want, go and get it!

It is your right! It is your life!

Dare to break up if this is where this takes you.

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Stop fights!

Part 3 – Fighting skills

You can't totally avoid fights.

What you can do though is shift the way you stand in them.

If you feel overpowered by your partner's bossy attitude and you want a way out of this without breaking up, these strategies will give you new tools to empower yourself.

The goal is never to destroy your opponent! 😊

The goal is simply to make sure that you have enough resources to protect your personal and mind space.

In the next few pages, I'll give you essential strategies to develop new fighting skills.

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Get extra power and enjoy the fight

You might have heard this before:

Fights are usually healthy for a relationship.

When you fight you express what you want. You constructively generate energy and fire and it is a chance to expand the territory of your relationship.

So, why can fights hurt you and your partner?

Fights hurt you because you resist the energy behind them. You try to suppress the fire which wants to come through.

Fights are good!!! They are the result of positive constructive forces in your life!

You might believe that because you fight with your partner, there is something wrong with you. There isn't!

In most situations, fights are perfectly fine and healthy. Fights come from a positive desire to express yourself and your desires. They come from a desire to secure your relationship.

Fights are psychic battles. They are a battle for power. They are a "relationship environment" you want to master. They can burn you because they bring in extremely powerful energies. They can burn you because there is an inner conflict happening in you:

Something in you believes that fights are wrong.

Something in you wants to suppress them or delete them, while another aspect of your instincts simply wakes them up as a **conquering mechanism.**

Imagine yourself trying to tame a wild mare. That's exactly what happens when your fighting power wakes up in you. It is an emotional instinctual response which burns you because it wants to break free and find its natural expression.

Stop fights!

Fights are part of life. They are part of relationships. You can't run away from them.

What you can do is develop new skills to stand in them in a different way. **You know how it feels to win, right?** It is thrilling and exciting to break through.

Guys can be overpowering.

Right now, you want to wake up your fighting power and give yourself a true kick to shift this dynamic.

You have psychic power. You have determination. You have power in you that you are not using.

Fighting power is a mind set. You realize that you don't have to make yourself smaller than you are.

In situations of abuse or disrespect, you want to get your message through, right? You want that man to get it and shift his behavior. Your desire is healthy.

To win fights emotionally, you need extra power and effective strategies. A strategy is a mind set.

His will power has been piercing your mind and you want this to stop. You want your will to be stronger and gain power and independence. This is a freeing move.

How to make sure he gets it?

Here are some key fighting strategies:

- **Love fights!** Fights are healthy! They are an expression of your will power. Say what you want. Enjoy the challenges. Don't step back or be afraid.
- **Use your psychic power.** A fight is an emotional battle. Your psychic power is your ability to channel your desires, wants, ambitions. These are powerful channels. Wake them up and use them. 100% instinctual!

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Stop fights!

- **Scream and yell if you have to.** Don't be afraid of what is behind your temper. Your voice is a powerful tool. Express what you want! Let it out!
- **Be firm and direct.** Repeat your message until he gets it! No need to go in circles. Identify what you want say it.
- **You are a winner! Not a victim!** Don't let anyone or anything put you down. Identify your target and hit it! You want respect and you will get it!!!
- **It's in your instincts!** This is the top secret. This is where your energy lies. Nature gave you these fighting powers. They are in you. You know all the right moves!
- **Express, don't suppress!** Move forward. Destroy resistance.

I know these are radical ideas and to tell you the truth, I love them. Extra power is what you need right now.

Go and get it! A relationship is not an occasion to die and hide your desires.

It is your right to get what you want. Dare to stand for what you believe is true for you.

If you feel oppressed, attacked or challenged, defend yourself!

Stop fights!

How to win fights

You win by using your determination. You focus on what you want and build up energy.

Use your full power to break through. This is what fighting is about. You win, the moment you go with the flow.

Fighting energy is in you. Open your channels to it. Open at 300% and make yourself conductive to it. This is how you win. This is how you break through.

Delete the suppressing forces which want to make you smaller than you are. You destroy resistance. You build up energy and concentrate all your power and desire.

Emotional fuel is what you want. Wants are your desires. This is what fuels your battle and wakes up new emotional resources in you.

Be totally in touch with your instincts.

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Stop fights!

Anger and aggressiveness are okay

Anger and aggressiveness are okay as long as you are not overpowered by them.

These forces were given to you.

Imagine a wild mare trying to break free. She is the symbol for these instinctual forces.

Anger and aggressiveness play a freeing role in your life. they are instinctual powers and it is okay to use them when you want to free yourself.

Use them when you feel constricted, cornered or when you when you want get your message through.

When energies are competing, anger and aggressiveness give you the final victory. Master these forces!

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Give rhythm

Rhythm and speed are two more fighting skills. Change rhythm to surprise your enemy. Shift gears when he does not expect it.

Go from fast to slow.

Shift the tone of your voice. Shift the volume as well. Shifts in rhythm are what gets your message through.

Know exactly the right moment to push further or to disinvest.

You want to use your energy in the most effective way.

Shift rhythm to break through.

These are natural fighting skills. The goal is simple: You want to win, right?

Rhythm makes your power much more effective. It concentrates your will in one single point in time and space. This is why it works and is super powerful.

A natural need

Fighting comes from a natural need to express yourself.

It is a way of communicating and exchanging life force.

Fighting is the core of conflicting energies. It is what happens when two energies clash with each other.

Your will is powerful. Your will is what supports your fighting power.

You fight because you want to express your will. You fight because you want to expand, protect, preserve, conquer or get what you want.

It is your basic human right to express your fighting power. The goal is clear: express your rights.

Stop fights!

Respect your body

In other words, don't get hurt! Your body is your greatest asset. Protect it!

With fighting, there is a line you must not cross. This is the line of the physical body. You want neither you, nor your partner to get hurt.

Respect this limit! It is your number one priority when fighting!

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Stop fights!

Love fights

Love fights!

Fights are healthy!

They are an expression of your will power.

Say what you want.

Enjoy the challenges.

Don't step back or be afraid.

Fights are about energy.

The moment you fight you express your life force and will power.

This is immensely energizing.

This is the fighting trance.

You wake up your wild side.

Fights are energizing.

Wake up your fighting skills and destroy resistance!

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Stop fights!

Use your psychic power

Use your psychic power.

A fight is an emotional battle. Your psychic power is your ability to channel your desires, wants, ambitions. These are powerful channels. Wake them up and use them. 100% instinctual!

Your psychic is your emotional power. Project your desires forward. Focus, use fire and fight with your invisible tools.

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Fighting weapons

When you fight, you express one of your most basic instincts.

Fights in relationships are about power

Love is in the background of course, but the reason a fight happens is because there is a conflict of interests.

You have a plan. Your partner has another one. These two plans clash.

I bet that what you want right now is extra power. I have no idea of what your situation is. However, this book has one aim: give you an extra power kick to help you get what you want.

The first thing you need is extra power. Your life can feel crushed. These endless fights are your way of defending your territory.

This is what you go for, right? You don't want anyone to put you down. If your life is under attack, you have only one solution: wake up your fighting power and defend yourself.

You have basic human rights and your goal is to defend these rights.

These fights are an occasion to grow. Here is what you can do:

- **Enjoy the fighting!** I know how this can sound to your ears: weird! It's not. Fights are healthy. They are energizing. There is nothing wrong with it. Shift the way you stand in them. Be fearless
- **Strategies!** A strategy is a battle plan. Every situation is unique. Think about your plan. Have a vision. Experiment with it. Ask for advice. Don't go to battle without a strategy.
- **Wake up your power!** Power is a substance. It is energy. You have a vast resource of it in you but sometimes, you don't dare to use it. Dare! It is your right.

Stop fights!

- **Defend what is yours!** Career, personal space, time frame, ideas, emotions, social circle. All these are yours. It is your right to have control over them and decide for yourself. No one has the right to tell you what to do.
- **Be firm and direct!** Simple, don't bend! It takes sometimes repetition for a guy to get your message. Educate your partner. Make him respect your needs and desires.
- **It's between you and him!** Others, friends, in laws have nothing to say about it. This is a one on one thing. Relate to him! This is your story and no one else. If others want to get involved on his side, kick them out. This is between you and him.
- **Use all your weapons!** Fighting is a skill you can learn. You can kick, use strong language, use anger, determination. In other words, use all your power. Dare. Don't be afraid. It is your right to do what it takes. Be sure your break through and get where you want to be.

I know these are radical ideas and to tell you the truth, I love them. Extra power is what you need right now. Go and get it. A relationship is not an occasion to die and hide your desires.

It is your right to get what you want. Dare to stand for what you believe is true to you.

If you feel oppressed, attacked or challenged, defend yourself!

Play the fighting game

Fighting can be fun!

It might even be healthy for your couple

How do you play the fighting game?

You fight with humor.

You fight with teasing.

You own your fighting skills.

When you do this as a game, you are in charge of your emotions, not dominated by them.

Instead of being a slave of irritations you don't control, you are their master.

You can have "teasing sessions" together.

You can go in the kick boxing mood and actually get physical (no serious punching though!).

You can insult each other.

Playing the fighting game is a key strategy to deal with fights.

You get the emotional relief of expressing your fire in a safe set up.

Challenging each other can be energizing and empowering.

You need a fighting ground though.

You need a common agreement that it's okay to go that way.

You can go to your partner and say something like: "I really feel like challenging you today! Is this okay? Is this the right time?"

When you play this fighting game, there is little negative emotional load! You see it as a game! It is a way of generating energy.

Stop fights!

You interact in a dynamic way and wake up fire.

This can as well be an excellent foreplay for sex.

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Stop fights!

Part 4 - Control Freaks – How to deal with them

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YOUR life!

You were born with the right for self determination!

When your partner tries to dominate you, they violate one of your most basic human rights: your right to choose!

You have the right to choose:

- Your thoughts, emotions, feelings and beliefs
- Your actions
- Your speech
- Your relationships to others
- Your social life
- Your time
- Your personal space
- Your career
- Your assets and belongings
- Your money

When your partner tries to control you, they try to control one of these.

When your partner tries to control these, they step in YOUR territory.

When you were born, you were given the right to control these various aspects of your life.

The legal system defends these rights too.

Even the Universal Declaration Of Human Rights says it:

Article 18 states:

"Everyone has the right to freedom of thought..."

Article 19 states:

"Everyone has the right to freedom of opinion and expression..."

These articles concern your thoughts and right to speak.

Stop fights!

And of course, you can take this one step further and generalize to all aspects of your life.

This is essential to get!

This freedom is not some weird idea that pops in your mind when you feel challenged, it is YOUR right, ok?

Anyone who tries to control you, betrays this agreement that you have with life!

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Why your partner decides that it's ok to control you

They do that for a simple reason: because they believe that it's ok.

Another element is that often nothing can stop them except you.

Their goal is to find security.

When they see you for instance interacting with friends they feel threaten by it because they have no control over what happens there.

You share intimacy with your partner.

You know a lot about them.

They are afraid of what you might say.

They might feel threaten by your thoughts.

They might disagree with career choices.

The point is that something goes on in the intimacy of their lives and they have little control over that.

Their efforts to dominate you are aimed at gaining back this sense of security and control over things that do influence them.

Profound misunderstanding

There is a profound misunderstanding when you step in a relationship.

Here is the misunderstanding:

When you decide to be in a relationship with someone, here is what you think:

"I enter in a relationship with you but I want to keep control over who I am. I am not giving away my right to make my own choices. I stay in charge of all aspects of my existence. Of course when a choice concerns us both, we will make decisions together..."

That's what YOU might think.

Now, here is how your partner often interprets your commitment:

"Because we are in a relationship, from now on, this gives me the right to tell you who you can see or not. You are my partner! I have the right to influence or direct your thoughts. I have the right to know everything about you. We are partners. We have no right to have secrets from each other..."

Your partner might not be that extreme, but you get the point!

There is a fundamental misunderstanding!!!

This misunderstanding exists because partners rarely sit down to discuss the unspoken contract of their relationship.

Relationship boundaries

Boundaries = Limits

What is ok and what is not in your relationship?

Imagine taking a job and never discussing your conditions with your boss.

This is what happens with couples.

You tend to assume that your partner understands your needs and that you both agree on relationship boundaries.

In fact, if you would check before committing, you might unveil very fundamental differences!

For instance, if you are straight, you might be ok with still having active friendships with the opposite sex, whereas your partner might not.

If you marry someone from another culture, these differences might be even more extreme!

Why couples rarely discuss what's ok and what is not?

It is because they don't know how to approach such conversation.

They are not trained to discuss relationship issues in diplomatic ways.

Most of the times, when you have differences with your partner, you argue.

This means that engaging in a serious discussion about what's ok and what's not often leads to a fight.

Especially if your partner is intolerant, you will avoid the topic and simply react emotionally when you feel cornered.

You also tend to wishfully believe that harmony in your couple will happen naturally.

Very often it doesn't and you end up trapped with someone who does not respect your freedom and rights.

What to do when your partner corners you

This is the situation you might face.

They have been dominating you in the past and assume that this is ok.

How do you change the status quo and rebuild your freedom when you gave it away?

You take small steps!

If you are not used to going out separately, you can watch out for opportunities to start doing that.

For instance, there might be an event at work you will be invited to.

Or a good friend of yours wants you to start training with them.

Or you decide to start training for a new career.

If you start with small steps, it is usually easy to reclaim your freedom bit by bit.

What if your partner opposes your idea?

Here are some arguments you can use:

- You want me to be happy, right?
- What bothers you? Tell me more...
- This will be fun for me. I need that.
- I don't remember giving you the right to tell me what to do.
- I need your support with that one.
- I will do it but I don't want this to put distance between us.
- Etc.

If your partner is potentially violent, you have to watch out of course.

In most cases though it is just a conflict of views.

Stop fights!

And because your choices concern YOU, you are given the right of course for self determination.

This means that life sponsors your freedom!

Again, it is your basic human right to decide for yourself.

Many men and women will hesitate in affirming their choices because they can't even tell if what they want is ok.

I am here to reaffirm this for you!

You were born with the right for self determination and no one has the right to rob you from that freedom.

If they do, they abuse their power and betray a very basic human agreement.

So, I am here to confirm this!

You are free!

It is your right to decide for yourself!

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Reassure them

Very often, that's all they are asking for.

What they fear is not so much what you decide to do, it is what could potentially happen.

Suppose that you are a woman and decide to go for a drink with a good friend.

If your partner forbids you to go, here is what they think:

- She will meet a guy
- They will connect
- She will have a crush
- They'll end up having sex
- She will leave me for him

You just mentioned a drink with a friend and what your partner sees is not a drink, it is whole other story.

How do you reassure your partner?

Here are some expressions that build up peace of mind in them:

- You can trust me
- I would never cheat on you
- I am committed to you
- It's with you I want to be! For life!
- I love you!
- I'll text you when I get there
- I'll be back at 9
- She comes to pick me up – You will meet her
- Why don't you join us later?
- It's ok? ;) You don't have to worry

These are expressions that you can use a lot when you feel that your partner is insecure.

You need to repeat them frequently!

Stop fights!

Your partner needs to hear that a few times, 5 to 8 times for the message to sink in.

You can say the same thing in different ways in the same conversation.

Or you can simply repeat the exact same expression a few times.

For instance if your partner says:

"I don't really like you going to these clubs with your friends..."

Simply repeat:

"I love you"

If they argue again, listen and say again:

"I love you"

You can do that a few times.

Another way of programming your partner to relax is to reassure them when there is no threat.

Suppose that you're having a drink together in a public place filled with very attractive people.

You can say:

"I am so glad we are together, I would choose you over and over again!"

"You are so much smarter than most guys (or women) I see out there"

"I love what we have!"

In other terms, you can program them to relax.

You can train them to stay calm and give you space.

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Cheating threat

This is what people worry about a lot!

Unless you are in an open relationship, cheating is not ok!

To reassure your partner in these cases, you can say:

- I would never cheat on you
- You can relax! You are the best lover I ever had
- It's with you I want to be

When you are in public with your partner, you can let them see that it's to them you give your attention.

Suppose you are a guy and your girlfriend is emotionally edgy.

You can flirt with her in front of others.

If a woman approaches you both, instead of giving that woman flirty looks, you can consciously give attention to your partner.

If you demonstrate affection to your partner in public it shows that you are not hiding your relationship and are proud of what you share.

Here is another example:

Again, party setting.

You are a woman and this man approaches you.

You can introduce your partner by saying:

"We are in love, engaged and getting married this spring! We have such a fantastic relationship!"

That's again another very demonstrative way to say that you are not available.

Your partner would be touched by such demonstration.

Stop fights!

Here are other ways to reassure your partner:

- If you want to check my text messages, I am ok with it
- I can call you around 10
- What bothers you? Tell me
- I love your body!
- You really know how to please me

You see that when you want to reassure a partner, there are simple ways to do just that.

It can take away their fears instantly.

These type of behaviours and attitudes are simple ways to build up complicity in your couple.

By the way, no need to be apologetic.

When you say "I love you" or "I trust you" to your partner, you can do this from a position of power and confidence.

Not now!

This is a simple way to stop your partner when they are about to unload their insecurities on you.

It's 7 am!

You are about to take off to work.

You are in a hurry and this is the moment your partner chooses to start a fight?

No way!

Here is your simple answer to that:

"NOT NOW!"

Tell them!

If they insist, say it again:

"Not now!"

If they keep coming, rephrase:

"I really have no time for that now, sorry!"

Take your stuff and leave!

If you want to be gentler with this, you can as well say:

"Look, I am in a hurry right now. I want to hear what you have to say but timing is off... Why don't we seat together this evening with a glass of wine. I'll give you space to share what bothers you..."

This "not now!" strategy is so simple but fantastic to set up limits!

It's a powerful way to be firm and direct without starting a fight!

If your partner micromanages you at home

This one will require in depth education.

If for instance you are a guy and your wife systematically tries to manage you with household, here is what you can do.

First, have an in depth feed back session on this topic.

You can sit down and ask her:

“We face some tension between us concerning household, want to share with me what’s up with that? It feel like something bothers you but I am not sure... Tell me”

If they start sharing, don’t interrupt them, listen!

Take notes!!!

Yes, write it down!

Ask them follow up questions like:

- So, if I get you right, you are saying that...
- How would you rather me do this?
- Are you saying that you don’t like the way I cleaned the kitchen last time? Can you tell me exactly what was missing?
- So, you are saying that the way you do it is better?

In other terms, you clarify until you know exactly what bothers her.

Here are more follow up questions.

These ones can be slightly more challenging for her but they will open space:

- Are you saying that there is only one way to do this?

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Stop fights!

- If I was micromanaging you, how would that make you feel?
- Do you realize that when you speak to me that way, it kills the sex drive and the attraction I feel for you?
- Are you saying that you don't trust me with that?

If household is a serious sensitive issue in your couple, you will benefit a lot from entering in a dialogue and open sharing space.

The goal is for her to relax and give you space to do things your own way.

No one likes being micromanaged!

Even with household, you can be creative!

You can take initiative and start doing things around the house in your own way.

Another system that works really well is the white board.

How it works?

You get your partner to write things down on a board rather than saying them to you directly.

That way, you can check her feed back or what needs to be done in your own time.

Stop fights!

Dealing with a jealous partner

When your partner is over jealous and too possessive, it kills your life force and inner freedom.

In fact, it destroys not only your life. It destroys your relationship as well.

Their emotional reaction is an uncontrolled instinctual response.

Part of them justifies it.

It is part of their mind set to believe they do the right thing.

This is a battle between two will powers.

It is yours against them.

They try to control you.

They try to limit you.

Do you deserve it?

Of course not!!

If you want them to stop being jealous show them they can trust you at 100%.

If they are simply obsessively jealous without reason, this is a fight between two powers: yours and theirs.

It is battle for control.

The alternatives are always: "fight or leave".

If you are in such situation, what you can do is truly assess the situation:

You can fight for your basic rights, freedom and space.

Or

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Stop fights!

You can leave if it's a lost battle.

The way to fight is to educate them about your needs and how their jealousy makes you feel.

Couple coaching or counselling is an effective source of support as well.

If you want to work it out, the idea is to join forces and overcome the challenge together.

Don't confront each other.

Create a win-win relationship.

You both want the same, right?

You want harmony, love and trust to prevail.

The real battle is about the couple's victory.

Dialogue is a good place to start.

Next step:

Get professional help with this challenge.

Trust, confidence and complicity are your targets.

These are the qualities you want to develop in the core of your relationship.

It is okay to miss a couple of skills when starting with a new relationship.

It is okay as long as you both want to do something about it.

Use your will power and determination to make it work.

If the situation is too draining for you and you see he won't change, you might have no other choice but to leave.

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Jealous partner? - When to give up?

If your partner is obsessively jealous and possessive, the question is:

Should you stay or should you go?

You have been living with a control freak for 2 years.

They make your life a hell.

They spy on you and get jealous about anything.

The problem? You do love them.

It is a battle between two forces: when is the moment to actually give up and simply leave.

Their jealousy is like an addiction.

They use their "weapons" to destroy what they care for the most.

If you already tried therapy, counselling or coaching.

If you did everything you could to communicate or help them shift their behaviour and it does not work, you might be close to reaching a saturation point.

The more you wait, the more disempowered you feel.

The best with situations like these is to listen to early warnings.

If things already went too far, it is time to seriously consider your options and not let emotional abuse ruin your life.

Defend yourself!

No one has the right to limit your existence.

If you give love to someone, it is love you should get in return.

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Stop fights!

If it is an irrational controlling response you get from them, this drains your energy and destroys your life.

How to take off if you have to? Take small steps.

Prepare yourself.

Alarm people around you.

Find out about your rights.

Speak with a lawyer.

Tell your friends and family.

In other words, get as much support as you can.

Breaking up takes courage and power.

It is always a challenge because you start a new life.

It can feel unstable for a while.

You need to rebuild a material base.

The second challenge is rebuilding your emotional and personal foundation.

This last step is about getting your full power back.

Stepping out of an abusive situation is an empowering step.

It is a claim for freedom and independence.

It is one of your most basic human rights.

You are not a victim.

The moment you bring an abusive or oppressive situation to an end, it can be a super empowering step for you!

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Time to leave?

Is your partner verbally or physically abusive?

Do they make your life miserable?

When is the right time to say "Enough!"

The main challenge is to secure your exit!

You must be safe!

If you want to leave and know that your partner can be violent, you must seek help.

You don't need to fight that alone.

You must check with friends, family, police, attorney or support organisation.

If there is no threat, then it's really up to you.

There are many steps you can take before leaving.

Dialogue, open sharing therapy or coaching are all options I would consider, especially if you have kids together or still deeply love your partner.

Stop fights!

Part 5 – Real fight situations with solutions

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Fighting over your children's education

Your children are an essential aspect of your relationship that you both influence.

When it comes to your children's education, you touch on deep values.

The best is to discuss these issues even before you decide to have children together.

Aspects of their education like religious directions, schools or discipline are all areas which can unveil deep differences of opinion.

If you didn't discuss these topics before and are confronted with this challenge, go back to respect and tolerance.

Use dialogue.

Remember that each of you is responsible for 50% of the child's education.

Put the interest of your children first and be ready to make concessions if you feel you can't have it 100% your way.

Remember! Tolerance, respect, dialogue and diplomacy.

Aim for win-win and always keep your child's best interest in mind.

He doesn't want to commit

If you want to get married and your partner wants to stay free, this can of course be a major source of tension.

You might see profound differences in the way you look at life.

A mature relationship allows differences of opinion.

However, when it comes to such fundamental choice, this can be a deal breaker for your couple.

Here is what you can do:

Sit down and really listen to each other.

You might discover that the disagreement you have has to do with timing, finances or unspoken fears.

Very often partners actually do agree on most of what they share but a practical detail turns them off.

A simple discussion could unveil the real source of tension and give you a simple way to solve it.

A strategy I invite you to try is to give up on marriage for a few weeks and observe how it feels.

You might be surprised to see that the moment you give up, it might trigger in him the exact opposite desire and need for higher commitment.

You can say something like:

"Ok! I'll give up for now. I always thought I wanted to get married but who knows, maybe I will enjoy a higher level of freedom and this non-committed thing after all. Let's try that, see how it works for us."

If he sees you enjoying your freedom and a more non committed attitude, he might suddenly realize how much he's ready to be with you for life.

Stop fights!

You don't need to give up forever. Simply try this relationship "posture" for 3 months and express your freedom.

If after in depth sharing it is clear that he will never change his mind and that you can't either, your relationship hits a solid road block.

It shows that your relationship visions are too different to make it work.

How to handle guys who don't commit

Commitment issues can be a big challenge for your relationship.

You have two visions or two plans.

Suppose you are a woman and your partner prefers keeping the relationship open and casual.

You want children and marriage and he prefers freedom and space.

If this is the "emotional base" of your relationship, you can end up arguing about all sorts of stupid things.

In fact, there is an underlying profound split between your vision and his.

Unless you find a way of dealing with this profound difference in your two life visions, the "little" surface arguments will stay.

You argue because you don't agree on the long term vision for your relationship.

You want a commitment. He doesn't.

Arguing on little things is just a way of avoiding the real deeper issues. You want more and he doesn't. This is why you clash.

A guy is always free.

There can be dozens of reasons he does not want to commit.

If you are from a different cultural background, this is often a solid reason.

If you have a very different social status or financial situation, it can be a good reason as well.

Sometimes, he has a clear vision of what his ideal partner looks like and can't commit to anything else.

Stop fights!

In other situations, his heart is already taken or he is still emotionally committed to an ex.

If he has "grand visions" for his life, creating a family and committing himself in a long term steady relationship can be a turn off as well. He simply has another plan or vision for his life.

What to do?

Drop it!

If you want more from the relationship than he does, you already create an unbalance.

He gives you only half of his life or heart and you give everything.

You hope for the full story.

This creates an unbalance of power.

You end up waiting and frustrated and do anything to shift his mind.

The more you put him under pressure, the more he rebels and gives you clear signals that he does not agree with your vision.

You end up worlds apart, right?

Disagreements on long term relationship vision are okay.

It is okay to disagree.

What you can shift is the way you stand in this.

If he is 50% committed, take a similar stand and take part of your freedom back.

This means that you can date and basically keep your options open.

You can tell him: "Look, I am in search of a guy who will commit himself at 100%. I want to have children. I can't give up on this. I respect your needs but I can't limit myself with that. You want to be free. So, do I."

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Stop fights!

You can give him the respect and space he wants without betraying your dreams or vision. You simply keep on searching.

This does not mean that your relationship with him needs to end.

You can effectively keep on searching for "Mr. Right".

Make it very clear to him why you take that road: you don't want to give up the idea of having children and being in a steady 100% committed relationship with a guy.

What to do?

My advice is simple: keep on searching.

Another alternative is to forget about commitment when you are with him and focus 100% on fun and quality time only.

Sometimes, too high expectations can destroy your connection with a man. The alternative is to enjoy the flirt and the connection for what it is without expecting anything else from it.

If you feel you truly want more, keep on searching.

You'll eventually find what you look for.

What if you want to argue but they don't?

Simple!

Pull back!

If you want them to get it, talk when they are ready to hear it.

Create a special moment to talk about it.

Your home is a protected space where you want to feel secure.

When you express demands at the wrong moment, you simply invade your partner's personal space.

Don't do it! It is an invasion of their space.

Find another moment that suits you both.

Respect your partner's space.

This is top priority.

They can have a thousand reasons why they don't want a challenging discussion right now.

Maybe they are worried about something else.

Maybe they just want to relax.

Whatever their reason, it is their right not to respond to an invitation to argue.

Give them space and make time another day to talk about it.

You should get your chance within a week max.

Wrong timing!

Suppose you are a career woman. You wake up early, get ready to go to work. Your partner has been fired 2 months ago. He feels quite unhappy about his situation.

Early morning, you get ready. He picks on you for something stupid. He wants to know why your ex needed to call last night. He gets jealous without reason. The real reason for him starting this conversation is the fact that he is workless for two months and is frustrated about it.

He has no control over his career right now and misses the challenge. In fact he has an excess of controlling energy (what he usually uses early morning to get ready to work) and does not know what to do with it. You happen to be around. He projects it on you.

Wrong time! Wrong move! He does not respect your space. He is clearly frustrated about his own situation.

Can you see the dynamics! It's so frustrating when this happens, isn't it? You wonder why on earth you need to have an argument early morning over something so insignificant.

The reason is simple: he has an excess of controlling energy. He does not know what to do with it. He is supposed to use it in a work context and instead, projects it on his partner (you!) for who he actually cares!

This is a destructive lack of skills and understanding. He needs to understand what is going on. He needs to understand the dynamics of his frustration.

There is an external pressure. He needs an income. He is not making it. He feels stressed because of it. It creates a power gap in his emotions. He feels powerless and vulnerable. He tries to gain back his power by bossing you around or controlling your space, connections or behaviors.

All this is happening for a reason.

What is your best reaction?

Stop fights!

Here is what you can say:

"Look darling, I understand your concern but now is not a good time. I am preparing for work and need to leave in 5 minutes. I really want to hear what you have to say. Why don't we make a special moment tomorrow evening so that we can talk about it when we have time, okay? I guarantee you that I want to talk about it but not now..."

If he insists, be firm:

"Not now"

And move on with what you have to do.

What if you tend to lose your temper?

Getting angry is an instinctual defense or attack mechanism.

If you own your anger, it can even feel liberating!

You might say things like:

"Whaou! I really needed that!!!"

Your fire excess wanted to come out.

What if you could express this fire in other ways?

Some couples do that through sex.

You might choose a business or life challenge and express your conquering drive that way.

You can do some martial arts or train.

You can go outdoor and release this energy through extreme sports.

The goal is to channel that excess of fire in other ways than fights with your partner.

Stop fights!

If they don't do what you want

Your partner is free!

Shift your mind and establish firmly this into your mind: you and your partner are free!

You are not in a relationship to limit each other.

You decided to be together to grow as human beings and partner for each other's success.

You have a basic human right to decide what you do and when you do it.

Take this right and give it to your partner as well.

Drop any desire to control your partner!

Imagine what happens when you both drop the need to control each other's lives.

I am not saying it is easy! I know it is a challenge.

Imagine what happens if you say to your partner:

"You know, you and I we do things differently. And you know what? I love it! In fact this is what creates our relationship. It would be so boring if we were exactly the same. These differences create life. I value you and your actions. I trust you and give you space and total freedom. I totally respect you and trust your actions"

This is a fundamental shift!

Imagine how it makes you feel when your partner speaks to you that way.

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Stop fights!

What if you disagree?

It is okay to disagree!

You can end a conversation saying something like:

"Well, it looks like we have a different opinion on that... And that's okay, isn't it?"

This is so simple and it does work.

You can see the same situation from different angles.

Mature relationships have space for differences in opinions

You build a system of beliefs which are your beliefs.

Your partner has other beliefs? No problem!

Let them be! Don't try to change them! Respect them!

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My partner is systematically late or doesn't even show up!

Agreements can be anything. It can be appointments or promises.

A marriage is as well another form of agreement.

Most "moral" contracts in relationships are not written. Many of these moral contracts are about respecting your partner.

Suppose that your partner regularly stands you up when you are supposed to meet. Suppose they show up late or not at all.

They might have a valid excuse or simply forget.

This can be a big source of pressure and fights in your relationship.

If this is the case, I know exactly how you feel.

It naturally irritates you because your time and energy are precious.

If you feel trapped in this type of pattern, what can you?

- **Educate them**

You take a special moment to tell him how his behavior makes you feel. Ask him if he finds this normal or if it is a behavior he would rather change. Ideally, do this within a "forum space". Try this strategy first.

- **Be more flexible**

Keep things open. Organize your evening around activities which do not require a fixed schedule. For instance, if you know your friends usually meet in a cafe on Saturday night, keep it open, you might be there, you might not. The idea is to add freedom and space to your time frame.

- **Stop making appointments with them**

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Stop fights!

If you tried dialogue and nothing changes, protect your time by no longer scheduling appointments with them. What's the point of scheduling a time if you are the only one who respects it?

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My partner harasses me with endless demands

Sometimes, your partner harasses you emotionally with permanent demands and personal insecurities.

This is usually related with a power gap in them. They try to extend their sphere of control over your life, actions, time frame, personal space and behaviors.

If this is an ongoing pattern, it is not a good sign.

Your goal is to establish clear boundaries and make sure they respect your space.

Be firm, repeat the message and use your fighting skills. Make sure that you stay master of what is yours.

It is essential that you feel secure and at peace in your own house.

If you have a partner in your house who is systematically trying to initiate fights, it creates a situation of high instability.

You can have clear boundaries and don't let them cross them.

Don't respond to their invitation to fight.

You can say something like:

"Look, why don't we have a chat about this on Thursday evening. I sure want to hear what you have to say but now I have to get back to work. It's not a good time"

Then go on with establishing dialogue and finding out what they truly want.

If you tried dialogue already and their attitude is still draining you, it might be time to have separate flats.

Your personal space should be secured. You should feel safe in it and not have to watch your back all the time.

Stop fights!

This type of "permanent threat" can be draining for you. It is your right to protect your personal space. If you have to, move out or kick them out.

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Stop fights!

Are you emotionally abused?

When your partner systematically initiates fights over insignificant things, it can turn into an abusive situation.

They can get over jealous, try to limit you or over control your actions.

This emotional abuse can be on the edge of physical abuse.

If your situation did reach such extremes, you need to look for help. There are plenty of sources you can tap into. Check for social services in your community. Check the net. The goal is to look for support.

It would be too long to treat this topic here. In fact we would need another whole new chapter to go into it. If you step into the territory of an abusive relationship, take steps and look for help.

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Work and business taking a toll on us

You got angry at him because he spends all his time at work?

Your reaction is perfectly justified.

However timing was off.

True! You need to spend time with him to keep the relationship alive. He does not give it to you. You get angry and fight.

When there is tension rising, you need space to talk about things like that. Right now, you don't have that space. This is why tension builds up and it's enough to have an extra drop or pressure to make it explode.

The goal is simple: deal with it in another way. I know you two have very busy lives but it's your relationship which is at stake. It's either you do something about it (make it priority) or resentment will build up and more tension will come.

You want to gain new skills. This requires serious action. Dealing with it when it happens is simply not enough. You want a real strategy which works.

The goal is to create time to talk about these things? How much do you need? 30 minutes a week. That's all you'll need to bring harmony in your relationship.

You don't know what a good balance would be. Neither do I and neither does your partner, but what matters is that you start talking about what is happening.

You need extra skills to do this. You won't establish it overnight. It takes about 1 month to feel comfortable with it but I guarantee you that the moment you sit down and talk about it, your relationship's base will radically shift.

Stop fights!

Why is that? Because you create complicity. You decide to work together on a common ground which is the success of your relationship.

Where to start? For now, drop it.

Go to him one evening soon. When you two have at least 5 minutes and tell him you want to sit down and talk about things which are happening to the two of you.

Say something like: "Look, there are a couple of things which worry me. I am afraid that if we let it go, we are going to grow apart. I don't want that. I believe what we share is truly worth. I love you and I like what we have, but it is time to sit down and work on it together. Let's make a moment, Thursday evening 8 am (yes!! make an appointment!) and let's take just half an hour for us to find out what is going on..."

If he does not want it, insist until he goes with it. The survival of your relationship depends on that.

Get him to commit in being there.

On that appointed evening, open a bottle of red wine (or something else), unplug the phones and make sure you won't be disturbed. Make it cozy.

Then, say something like:

"Look, lately I have been feeling really neglected. I don't feel good at all with what is happening. We are both under pressure and this is not about adding pressure to our lives.

I want us to find a strategy to deal with this. I miss what we share. The only thing I need is a couple of hours in the week just for the two of us. I want our couple to win. What we have is worth a lot and I believe if we deal with this challenge together, we'll come out of it stronger. What do you suggest we do?..."

You are here to design a strategy to deal with these tensions. Simple, you want to win!

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Stop fights!

Talk about it for 30 min and drop it!!! No matter what you achieved. No matter what you found, drop it after 30 min.

Take notes; write down what he says and what you say. The following week, same place, same time, do it again.

Now, you have to trust! I know this can sound very formal, but doing this with your partner is the most empowering step you can take right now. It can clear tensions within a week to a month by simply giving you a space to express your frustration.

You establish dialogue because you have a common ground. This is a diplomatic solution which will make you realize how much you care for each other. Do not hesitate. Go ahead and do it. It will shift your relationship's emotional base.

Does this make sense?

Good luck

Fighting over lack of reassurance and validation

You want a commitment.

He doesn't fully commit to a relationship with you?

You fight because you have two different visions, two different plans.

There are good chances that if you were giving him the space, he might altogether go for it and commit himself to a future with you.

The thing is: there is no guarantee.

Women tend to commit more easily than men.

He obviously prefers keeping it open at this stage.

To build a relationship, you need a common ground. The clock is ticking for you. It is not happening for him. You can try to force him but it will back clash on you for sure. It is already happening right now.

It's his plan against yours. You two clash because of that.

A relationship is like a small enterprise. To win, you need a common goal. Obviously, if he wants to go South and you want to go North, it creates tensions and the ship goes nowhere.

Many couples do split because of lack of common vision. It can be children related issues. It can be lack of common interests, life vision, career, cultures, etc.

Here is what you can do: You can sit down with him and write down your plan and his plan. Talk about it and identify the exact areas which do not match.

It is truly worth talking about it. Your goal is simple: You want to create a win-win. You love him, right? You don't want him to give up his plans either. You want everyone to win.

Stop fights!

I know it is tough but when there are some major disagreements between two partners (for instance, you want children and he doesn't), you have better chances to succeed alone than together.

The goal however is to not give up too soon. You can slightly stretch your visions and make concessions until you meet a real limit.

If it's the case and you know you can't give up your goal or vision, it is time to break up and move on.

You need courage to do that. You have two options: Staying together and fighting or breaking up and going on with your life.

Both choices are challenging. You can go through a form of temporary transition where you go back to a semi committed relationship and give each other more space.

This is definitely a good way to go. If you don't fully break up it will give you the possibility to find out if you want to make further concessions on your goals and stay together.

If you fight too much, the best is to give each other more space. Take some distance from each other. This will give you clarity for your future.

My husband is angry! – Now, he unloads his frustration on me!

I know it's tough but you need to stand up to him. Wake up your power and tell him you won't take that from anyone.

It would of course be great if he would do something about it spontaneously but you have to take steps and go ahead.

You need to protect yourself and make sure he does not cross a line.

The best is to talk about it with him when he is calm. Find a moment when you two can have a conversation and tell him how his anger makes you feel. He obviously loves you and I am sure that he does not want to abuse you in any way.

Tell him that this does not work for you. It is destroying your happiness and pleasure from being together. Tell him all that when he is calm.

Tell him that there is a boundary he can't cross.

I know it is not easy to do but you can actually educate your partner on that. The trick is to tell him when he is not angry. You can then have an adult conversation.

Fighting is destroying our marriage

Right now, there is an excess of stress on your couple.

You express this excess by fighting with each other. You do love each other but get aggressive simply because your mind is under attack.

The aggressive response is simply an emotional need to defend your couple. You want security. Being aggressive is your way of wanting to secure your relationship.

Being aggressive and attacking is simply a way of expressing your power. It is an instinctual response to pressure. In a way it is a healthy response but the way you express it is not productive, right?

What you want is to shift your mind set and bring in a new model.

You want to empower your couple and family, not to destroy it through fights.

The goal is simple: secure your relationship and family space. It is because you two are overstressed that you attack each other. You are under pressure and you project this pressure on each other.

What can you do about it? You need to sit down and talk. The reason why you attack each other is because you have no space to express your resentment or feelings. In other terms, there is little "positive communication" between the two of you.

Lack of time? Make time! This is not optional! It is a priority! You need at least 30 min a week where you are there for each other and listen to what your partner needs to say.

You want to rebuild complicity. To empower your couple, you want to strengthen the binding force. This means that you need to sit down once or twice a week to design battle strategies together.

Stop fights!

You transfer the communication ground from mutual aggression to dialogue and diplomacy.

It is okay to be direct and work with powerful emotions. However, when you feel it is draining you and your family, it is urgent to gain new skills and establish a new communication style.

Communication skills in relationships are something you can learn right now. It takes 1 month to get the basics and about 3 months to firmly establish it in your life.

You want to consciously invest in it and develop a new mind set which aims at **creating complicity** and **couple synergy** rather than conflict.

You are on a common ground: the territory of your family. This is the territory you want to defend and you are partners in that, not opponents.

Where to start? You need to train those new skills. This means that you need to invest 30 min/week for 3 months. This is what it takes.

Get in touch with a relationship coach or therapist and firmly establish these communication skills in your life.

You are worth it! Don't hesitate! This is about the survival of your relationship. Do whatever it takes to power up your couple.

I do all the work with the kids!

The goal here is to share responsibilities. You seem to do all the work in educating the children and he steps back. You reach however a point when the pressure is too high and anger simply bursts out.

The moment your burst is the sign that you already went too far.

In fact, the real challenge is about parenting strategies: how to educate or discipline your children and the responsibility you two share on that.

You want to be together on that.

This is why it is essential to sit down with your partner and design disciplining strategies together which do work.

You want his support with that. You need to be accomplices.

This is why you want to sit down and find solutions together.

Arrange a meeting to talk about it. Ask him questions like: "okay, the other day, X (your son or daughter) was doing ..., what do you feel we should do about it."

You won't find solutions unless you talk about it.

You are on a common ground and what you want to reinforce is your complicity. You will achieve this the moment you sit down and establish dialogue.

Merely emotionally reacting to your partner is not good enough. You want a more solid ground for your relationship. You want to establish dialogue and design strategies together.

Too many of our conversations turn into fights

This is a perfect example where you two need space from each other. When you spent many years together you get used to the other's presence. This "habit" is still there. A part of you definitely wants to go.

Your fighting is an emotional response which says something like: "get off! You are too close".

On the other hand, there is this emotional attachment which sends another message and says: "I miss you and I am afraid of letting go".

The solution is to bring fresh energies into your life. Meet new people. Meet new men. Open up doors. Basically, refresh your life. Sometimes, it is easier to start anew from scratch rather than trying to clean this story.

I can imagine how this makes you feel and I know it is tough. However, this is one of the situations in which some fresh air will give you back the power and confidence you need.

This past relationship is not giving you the qualities you need. It will be easier to go and find them somewhere else rather than trying to keep on pushing a door which does not want to open.

Dare to stand alone and move forward. Get back your full freedom and full power back and open yourself to fresh opportunities.

The anger and irritation you feel is truly the sign that a part of you wants to clear itself from his presence. Anger is your emotional response to clear your mind from his presence. You want space and freedom. This is why a part of you attacks him.

You want to gain your full independence back and your anger is your way of expressing that need.

I know that what I will say might surprise you but in your situation, your anger and frustration are positive forces. They are the

Stop fights!

expression of your renewal power wanting to create space and gain total emotional freedom.

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My partner will not let us finish an argument

That's his way of bringing the argument to an end. It happens because he reaches what we call the "saturation point".

Arguments and pressure are okay until you reach a certain point. This is the moment it starts hurting and he feels drained.

He finds a way of getting out of it and bringing it to an end.

The idea is to shift this battle field. He pulls back because he feels attacked. This would not happen if you two were bringing the fight to a dialogue ground.

The idea is to stop attacking him. It can be the wrong timing. He simply needs space. Give him that space. If you need something from the relationship you are not getting, go to him and say something like:

"Look, there are some things happening between us which are bringing us apart. I would like to tell you about what I'm feeling..."

Then follow up with making a special time to talk about your relationship. Check the "create a forum space" chapter for more on how to shift from fight to dialogue.

The moment he yells back, it is the sign that he is cornered and does not like it. He is not getting your message anyway and feels pressured.

Step back and give him space. Find another way of saying what you have to say. Create a special moment for that.

Stop fights!

He gets on my computer and starts a sexy chat with his ex!

You can't check what he does when he is by himself in his own house.

Getting on your computer to have a "sex chat" with his ex is way off.

Guys need sometimes to be educated on things like these. You can be firm. Tell him it's not okay! You are 100% right with reacting to his behavior.

Repeat your message until he gets. Make sure it does not happen again in your house. That's your territory. Make sure he respects it.

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He is lying about credit card purchases

I believe you should sit down with him and tell him exactly what is going on and the way it makes you feel.

Money matters can often get on the way of having a trusting relationship.

He might not be aware of what is happening in your mind. Tell him! Tell him you are offended and tell him you feel it's messing up your relationship with him.

Educate him on that.

This might be a basic skill he is missing. It is never too late to educate him on that.

When he gets the message, it will be a win-win for both of you.

I am so angry! He left me with his sister!

Hi,

I know exactly how you feel. His "delegating" attitude is frustrating. You have all the rights to be mad. Your time is precious and right now, you are taking responsibility for something he is supposed to be doing.

This is one of these situations where your anger is your way of defending your territory. It is welcome! It is a good thing. Express it! Tell it to him! It is your right to defend what is yours. Don't take responsibility for what he should be doing.

What to do now?

What would you do if you knew he was not going to be there? Would you still invite his sister? Do you have a good connection with her? Don't feel obliged in any way.

Step slightly back and concentrate on what is yours. Don't feel responsible for his actions or behaviors. The best you can do is disinvest yourself emotionally from this situation and focus 100% on what you want.

You won't shift his behavior and you might have to let it go for this time.

If you don't have a close connection with his sister, next time she calls, let him take the steps. tell her something like: "Look, he is not at home right now, but I'll pass the message as soon as he comes home"

I repeat. It's not your responsibility to make it work.

This is his family. If you were not married, what would you do? Behave like you would if you were on your own. Speak on your own name, not in the name of you and your partner. This will make sure that you protect your own space, time and energy.

Stop fights!

It is a new boundary and you'll feel free the moment you establish it.

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When we argue, I tend to hurt myself

Hi,

Constructive fighting in relationships is healthy. However, there are certain limits to respect.

When you start hurting yourself, you cross one of these limits. This is the moment when your fight can have really bad consequences. You must not go there. It is simple.

Hurting yourself is not acceptable.

The way to go is to step back from that and simply learn to fight in a different way without hurting neither you or your partner.

Put it this way, next time it could be a car crash with even worst consequences.

This is a fighting rule: Don't hurt yourself or your partner when fighting.

How do you stop hurting yourself?

Well, you need to kick something, right? This is a natural aggressive behavior which is healthy if you express it in a different way.

How?

Take some kick boxing lessons and have dynamic fights with your partner with precise limits.

This creates an excellent release of energy and it is constructive. You have an excess of aggression?

Channel it in another way.

This truly works. Simply release your energy in that way.

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We systematically argue without reason – How to fix this?

The truth is that there is always a reason.

Arguments are conflicts between two mind sets or two energy realities.

You argue because you don't get your needs met.

Sometimes, the needs have nothing to do with your relationship. They can be an ongoing frustration about any aspect of your life.

When you argue, you are in fighting or conquering mode.

You want to get something that you are not getting.

You want to feel a greater sense of control.

If this happens both ways, you clash because your two minds do not seem to meet.

The question is: How to fix this?

The best is dialogue.

You want to find out exactly what is splitting you apart.

Here I what you can say when you feel tension rising between you and your partner:

"Look, when we argue, we both loose. I am tired of this. We are both victims of some form of a dynamism I don't like. On my side I want this to shift. I want the arguments to stop. This is not fun and is tearing us apart. Do you feel the same?"

If he says "Yes!" then you are on the same boat. You face a relationship challenge and you are ready to do whatever it takes to fix this.

Stop fights!

Taking the decision that this has been enough and you want your relationship back is the best place to start.

What do you do next?

You identify all sources of frustration in both of your lives right now.

You write them down and describe them precisely.

Next step, you identify the sources of frustration which are directly linked with the way you relate to each other and what happens in your relationship.

You will notice that many sources of tension can be related with profession, business or career, financial pressure, lack of material security.

Another common source of tension is lack of excitement for your life's targets.

There are dozens of pressures pushing your life and your relationship right now.

The next quality you want to manifest in your couple is complicity.

What creates harmony and empowers your couple are common vision and synchronicity.

If you clash on key aspects of your relationship's base, for instance financial choices, children education, life vision, cultural preferences, etc, you tend to create a gap between the two of you.

A mature relationship definitely allows space for differences of opinion but you need to accept these differences and embrace them rather than trying to change your partner's mind.

When there is total respect and tolerance, you immensely drop the pressure you put on each other and accept your partner exactly the way they are.

What creates conflicts is pressure, control, desire to make him or her change, etc.

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Stop fights!

The moment you set each other's free and drop your expectations, you enter into a new territory of mutual freedom. You set each other's free and simply accept the differences of views, opinions and attitudes as a part of your relationship's landscape.

The moment you stop trying to change your partner, at least 80% of the pressure and arguments drop straight away.

This is a fundamental mind shift.

The moment you make that shift you offer total respect for who your partner is.

In a way, it is a condition less love. You say: "I know we disagree on some points and I believe that I love you even with what I call your imperfections. This is what makes you unique."

"I have total respect for you and who you are"

"You are in charge of your life and I respect that."

Should you give them another chance if they cheat?

Imagine that you are in a relationship.

Your partner cheats one time or many times.

You decide to break up.

They come back to you and begs to give them another chance.

Should you go with it?

When they cheat, you are back to the starting point: non-committed, non-exclusive.

If you are already married with children and house it's obviously different than if you are simply in a committed relationship.

The first step is to test.

Find out if they truly mean what they say.

If they had the opportunity to reconnect with an ex or have a one night stand with a casual date, would they truly "reject" it.

Dare to face the facts.

Cheating and infidelity are a wake up call.

It tells you that something is missing or incomplete.

Jumping back in your relationship without learning from it could be a mistake, because you will usually end up reproducing the same behavior patterns.

The goal is first to find out what happened and why it happened.

Get real answers and dare to face the facts, no matter what they are.

Stop fights!

Denial does not work. Playing "blind" is not an option either.

You want to unveil the real underlying dynamics of your relationship and if you want to give it another chance, shift key dynamics, attitudes and the way you relate to each other.

This is essential! Having your partner begging you on your front door is usually not enough.

It does not shift anything.

It sends a healthy message of regret but does not prevent this type of situation from happening again in the future.

There are basically four roads you can take:

- Total and absolute break up - 0% contact
- Semi break up - You keep interacting and sometimes even have sex but the committed relationship is over.
- Open relationship - You accept the idea of sexual openness and basically go for an open relationship. This works both ways.
- Fix your relationship - You fix whatever is missing in your marriage or relationship. You dare to ask each other key questions and use this experience as a way of empowering the complicity between the two of you.

If you take him back, it usually means that you go for the last option.

It takes real work, understanding and behavior changes to go for this option successfully. Doing what it takes means investing at least 3 months of your time to fix key relationship issues.

You get professional help with a coach or therapist.

You dig in your relationship's foundation and reshape the way you both stand in this.

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Stop fights!

If you make it your top priority for 1 to 3 months, I believe you can achieve incredible shifts you will remember for the rest of your life.

Now, you need a serious commitment on both sides.

This could be the most transforming experience your couple goes through.

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Stop fights!

I you date a girl with kids, her kids are hers, not yours!

These kids are not yours, they are hers...

And it will stay that way forever.

What does that mean?

That their biological dad stays their dad.

You have less power than the biological parents in the equation.

And it's essential you don't try to fight that because it's a lost cause.

You have no legal power and if sensitive decisions need to be taken concerning these kids, you might be consulted but you will notice that you are NOT the one making the decisions here.

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If she has kids, don't criticize her parenting skills

That's a big risk and I see partners doing that a lot.

They tend to start fights over parenting issues.

They want to influence their partner's behavior and the way they treat their kids!!

BIG NO NO!

It doesn't work!!!

Why? Because she is in charge of that.

Instead of criticizing or challenging her when you see something she could do differently, give her positive feedback when you see stuff she does right:

"Hey! I really liked the way you talked to your son yesterday! Spot on"

"You have such a refreshing connection with them... Nice to watch"

Etc.

Do that a lot!

It's super validating and energizing when your partner recognizes your parenting skills.

Stop fights!

If she has kids, don't compete with them for attention

Her kids come first! You have to get used to it! And this will most likely never change!

Why? Because her kids are hers for life!

A partner or lover could come and go but kids stay!!!

So, if you see her giving her children more time or attention than she gives to you, relax and let her see that you are 100% cool with that.

Don't fight it! It's a lost cause!

She is biologically programmed to take care of her kids first.

Don't ever be jealous or upset about that one ok?

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Stop fights!

Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan

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