

Why fights happen and how to solve them in the future

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# **Why fights happen and how to solve them in the future**

In these few pages, I talk to you as if you were a woman in a relationship with a man.

This is to simplify the examples I give.

Now, if you are a man for instance or if you are in a gay or lesbian relationship, you can apply the exact same concepts and strategies, you'll just need to replace "him" by "her" and "he" by "she" when appropriate.

You get the picture, right? 😊

## **Why fights happen**

Fights happen because there is conflict for power.

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

When 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?

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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 up 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.

You feel challenged and cornered.

You react by defending your territory and your mind space.

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# **Control issues**

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?

When you get married or commit to someone, do you 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 yours."

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Of course not!

What you say 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 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!

It is essential to remember this:

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

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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 of self determination.

This free will he was born with is not taken away the moment he gets married or commits himself to this relationship with you.

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 am loosing connection with who I am. It takes too much energy. I can't breathe! I need space!"

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

"I am loosing 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 that sometimes you accept someone else's opinions and ideas and even put slightly aside your individuality in the name of the relationship.

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We will discover later how to still make it work even if you make some concessions.

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?

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# Strategies

The first step is to unveil these conflict dynamics.

The second step is to design effective strategies to tackle the “fighting” challenges.

We’ll use another article to cover some of these strategies.

Most of them are already available on the site

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

Or in the relationship fights forum:

<http://vitalcoaching.com/vitalforum/viewforum.php?f=78>

For now, if relationship fights are a challenge for you, visit these two links and take the decision to get this issue solved within a period of 1 to 3 months.

What does it mean to get this issue solved?

It means that at least 80% of the tension you feel between you and your partner is gone.

It means as well that if conflicts arise, you have new tools and strategies to effectively deal with them.

If you focus on it, I know you will break through and solve this issue.

Make it your top priority and you’ll be amazed of what happens next!

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## **Live help**

Before you go, I want you do something simple:

Check the following link:

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

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

After reading this article, 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:

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

That's it!

Enjoy!

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## **What's next?**

If you feel that this article is not enough, again visit this link to access live help:

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

I'll be happy to help you further.

You can as well email me directly at [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com) .

To access all resources on Vital Relationships visit:

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You will find dozens of dynamite power kick e-books, MP3 audios, podcasts, articles and forums on how to take your relationship to the next level.

A lot of this is in free access, so go have a look.

Take care

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