

HOW TO TURN **CONFLICT** INTO CARESSES



RELATIONSHIP INSIGHTS

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If you are dealing with conflict in your relationship, you are not alone!

Conflict is normal and natural between two healthy adults. We each have our own desires, needs and values, and sometimes we will disagree with our mate.

And, those disagreements can quickly explode into conflict.

Learning to deal with conflict is a TOP Relationship Skill.

In this fast read, we are going to teach you a few simple, powerful tools you can use in your relationship TODAY to take ugly conflict and start to turn it into loving caresses.

You can use these tools even if you didn't start the fight, and even if the conflict isn't your fault. And your mate doesn't need to read this book, you can use this to take conflict to caresses with your mate all by yourself!

There are three basic steps to turning conflict into caresses

1. You both have to get over your anger and hurt.
2. You have to reconnect after the fight in a positive way.
3. You have to go for a win/win conflict resolution.

Letting go of the hurt and anger

Look. Conflict brings up a lot of anger, fear, hurt and hate. Some of the strongest negative feelings we will EVER experience will arise in conflict.

So if you get enraged, if you feel hurt and stabbed in the heart, or if you feel hate for your mate or hated by your mate, it's fairly normal. Both you and your partner will feel strong feelings.

The trick is to learn to let them go.

While this is a whole life learning by itself, try on these views:

Conflict causes crappy conduct. It is fairly normal to scream, shout, slam doors and to act in other unpleasant ways towards your mate (or they you) during conflict.

The thing is, **the crappy conduct usually lasts only a few minutes.** After we've yelled, screamed, or shut our mates out, we both start to calm down.

So understand this

Conflict causes us to have bad moments. ***How long do you want to hold onto the bad moments,*** replaying them in your head, making your mate wrong, feeling hurt or hatred?

The faster you can let go of the anger, the less relationship damage you will cause.

When a 5 year old throws a tantrum – has bad moments – how long would you hold it against them?

Work on holding it the same few minutes with your adult mate!

You can be right about how wrong your mate is after a conflict, or you can be loving (once you let go of your hurt some) and let it go.

In time, you will get over it. You will both get through it. In a day or two you will be on to other things. So why not teach yourself to let go of conflict in minutes, or at the most hours?

You're going to get over it anyway, so practice releasing your hurt faster!

Reconnecting With Your Mate

After a fight, there is a kind of cold war that develops. You both are furiously replaying the incident in your heads, making the other wrong, thinking of all the things you should have said, and generally being right about your perspective.

The cold war is about “Who will apologize first? Who will reach out first? You shouldn’t have to, they should do it!”

The longer the cold war continues, the more relationship damage you will have.

So, to turn conflict into caresses, you want to get good at ending the cold war fast. Here’s how you do it:

First, you let go of your anger and hurt. See Step One above. This can take ten minutes, or a day. Over time, try to let go of your hurt in minutes, an hour or two at most.

Then, Be The Adult!

Once you have calmed down some, and you think your mate has begun to calm down, you can end the cold war by saying

“Sorry we fought. Are you okay?”

This is a no fault way to reconnect. You reach out, you don’t blame or admit blame, you are just ending the cold war.

This gives your mate a chance to let go as well, and start to reconnect.

If you were the one who was at fault, if you screamed or slammed the door or threw something, you can of course alter this and say

“Sorry for how I acted. Are you okay?”

You can man/woman up and take responsibility! Sometimes we are all boneheads and we snap at our mates or start a fight because we were stressed or unhappy for some reason not at all related to our mate.

When you do that, and start a fight for no good reason, own up to it, admit you were wrong, and let them see that you are sorry.

But either way, after a fight, whether they started it or you did, and whatever bad behavior occurred during the fight, to get to caresses you will first need to reach out and reconnect.

This then opens the door for your partner to stop making you wrong and to connect back up with you.

They can stop stewing over the fight, and start to release, relax, and let it go. Now, they may need to vent some, they may need to get some angry feelings off their chest, like
“I hate it when you scream at me over nothing! You treat me like a...”

If they do need to vent, be the adult. Let them vent. Don't defend, argue, or attack. You are going for caresses here, not to restart the conflict.

To get to caresses, both of you need to let go of the hurt and the anger. You already let go of yours, so give them a few minutes to let go of theirs.

Go for the caresses!

Now that you have reconnected after the fight, now that you see your mate has begun to let go of their anger or hurt, you have done brilliantly!

You have stopped the relationship damage from the fight and helped both of you move past it by reconnecting. Great start!

Now, to get to intimacy again, you have to gauge when to go for the caress. It may be right away, or it may take your mate longer to relax and let it go after you start the process.

But within a minute to an hour, **once you see/sense they have let it go some**, you can then say

“Can I give you a hug?”

“Can I give you a kiss?”

“Thanks for letting go of the fight, can we hug now?”

“Whew! That was ugly! Glad we are past it. Can I kiss you now?”

That is one powerful way you can turn conflict into caresses:

You let go of your anger,
you reconnect and end the cold war,
and then you ask for a kiss or hug
(when you judge they are ready for it!)

So hug, kiss, make up and have some fun!

Resolving the conflict

Okay. You have reconnected. You have hopefully had some caresses. But now, you may need to communicate to resolve the issue so you aren't fighting about it again tomorrow.

(If it is an issues based fight, over money, kids, or some other actual issue. If it is an irritation fight, where one of you was stressed and snapped at the other and it grew into a battle, you may just be able to let it go without much further discussion.)

Here is one powerful way to resolve an issue based conflict. Ask them

“What’s important to you about this issue?”

For this to work, you ideally should wait until you are both totally calm, the next day or whatever. Then you ask them what’s important to them about the issue.

Then you shut up and listen to their answer! Don’t argue, attack, or justify. Just listen! **Make sure to let them go first!**

Then, say “Now I’ll tell you what’s important to me, and if you just listen, we’ll see where we’re at!”

Ask them to listen, and you tell them what is important to you.

Once you have done this, ask

“Do you see a compromise or win/win here?”

If either of you do, good! Agree and you have resolved the issue.
If not, don't worry! Just say

“Okay, let's let it sit for a day, and check in tomorrow about it!”

Maybe you can get to a win/win maybe not! At least you have talked like adults! Much of the time, when you have both shared what's important to you about an issue, you can come up with some kind of compromise that you can both live with.

There's Much More to Conflict Resolution!

You have made a great start! If you remember nothing else but to say

Sorry we fought, are you okay?

After a fight, your relationship will be much better off for it!

You will see for yourself that you can stop fighting and start moving towards a resolution.

Thanks for taking the time to learn some relationship intelligence! Learning to deal well with conflict is a life long skill, but you have made a great start.

If you want to learn more, there is an entire video course on “How To Turn Conflict Into Caresses” available right now on Amazon.com. You can watch videos that will walk you through step by step how to let go of anger and hurt, how to deal with an angry mate, and even how to stop conflict dead in its tracks.

You can also find out more by going to <https://conflict2caresses.convertri.com/offer4>

If you have questions or comments, you can email me at john@4wordsofwisdom.com

Be well! I'm rooting for you!