

Conflict Resolution For Couples

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The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration
A Midsummer-night's Dream
Conflict Resolution For Christian Couples
Communication Miracles for Couples

Couples in Treatment

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and

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deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. “Happily ever after” is not by chance, it’s by choice— the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it’s about both of you being active and involved.

The High-Conflict Couple

"Conflict Resolution for Christian Couples" is written in a comprehensive, easy-to-understand, and logical progression that maps out how to have a healthy

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relationship - one where conflict can be readily managed. The book has solid answers and strategies for Christian couples having difficulties working out reasonable solutions. This book consists of four parts. Part I is about establishing a spiritually healthy foundation for the relationship: 1) knowing the basics of Biblical knowledge, prayer, fellowship and ministry, and 2) taking into account the spiritual world, and respecting the balance between grace and accountability. Part II details a useful conflict resolution model and itemizes 26 effective tools (the ABC's) for moving smoothly through issues. Part III provides a 3-part solution model for mapping out a plan for change, and discusses healthy routines for maintaining change. Part IV addresses two unique dilemmas for long-term relationships: 1) affair recovery or affair safe-guarding, and 2) considering or going through a marital separation.

The Heart of Parenting

The New York Times–bestselling guide to effective and loving communication: “Excellent advice for those seeking a spiritual partnership” (Dr. Wayne Dyer, author of *Your Erroneous Zones*). *Communication Miracles for Couples* by psychotherapist and bestselling author Jonathan Robinson has helped countless couples repair their relationships and marriages. Whether you are looking to enhance your relationship or want to resolve a specific conflict, the successful techniques in this practical guide can help you develop effective communication, create lasting harmony, and keep

love alive. Jonathan Robinson's powerful and effective methods for relationship communication have reached more than 250 million people around the world, and his work has been translated into forty-seven languages. In *Communication Miracles for Couples*, he teaches readers to communicate with less blame and more understanding, repair broken trust, be truly heard, and feel totally loved.

Relationships and Patterns of Conflict Resolution

If You Want Your Spouse To Stop Arguing All The Time And Understand What You Really Mean Read This Book Together! Do conversations with your spouse often go in the wrong direction? Do you keep hurting each other with uncontrollable emotional outbursts? Do you wish there was a way to fix your misunderstandings for good? Good communication is the key to any successful relationship - and definitely the foundation of a happy marriage. However, once the honeymoon phase is over, most of us notice that our communication skills need improvement. All of a sudden, every conversation has the potential to escalate into a full-blown argument, and every attempt to solve your conflicts only creates more conflicts. But what if it didn't have to be this way? This book will help you save your relationship by using dialectical behavioral therapy, a scientifically proven method used in marriage counseling. Here's what you'll find in this book: Simple therapeutic techniques to get your marriage back on track The right questions to ask each other if you want to save

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your marriage Strategies for boosting your conflict resolution skills A comprehensive guide to difficult conversations And much more! As you go through the questions in the book, you'll have some very honest and emotional discussions with your partner. Even though these conversations may feel scary at first, they'll help you see the real cause of your misunderstandings - and work together to eliminate it. Are you ready to take the first step towards saving your marriage? "Buy Now" and Get Your Copy Now!

8 Keys to Stress Management (8 Keys to Mental Health)

A Harvard-trained lawyer and mediator shows busy couples how to stop fighting and start communicating. In *Fight Less, Love More*, readers will learn how to identify the bad verbal habits, instinctive responses, and emotional reasoning that can cloud judgment and ultimately lead to the deterioration of otherwise healthy relationships. With exercises, examples, and sample scripts, Puhn's modern voice presents simple 5-minute strategies create immediate, positive changes and provide long-lasting communication skills that couples can continually employ when faced with conflict.

Couples Guide to Emotional Intelligence

Slide open the pages to reveal what's really happening in Pontypandy and help Fireman Sam complete his rescues. Will he save the day?

Couples in Conflict

Most therapeutic approaches, especially those of a cognitive orientation, are not very effective in dealing with high conflict relationships--couples often heading toward divorce by the time they seek help.

Counseling Couples in Conflict is a resource for counselors and therapists who want to be ready for these uniquely difficult cases. Utilizing a relational conflict and restoration model Mark Yarhouse and James Sells point the way beyond the cycle of pain towards marital healing.

Eight Dates

First Published in 2001. Routledge is an imprint of Taylor & Francis, an informa company.

From Conflict to Resolution

Couples in Conflict describes the nature of the emotional processes leading to difficulties and how a minister/ counselor can be a resource to help couples in conflict. The minister/counselor will be able to help them improve their lives personally, as well as their relationship and family life. By extension, couples will also develop skills that will improve their work life and their life in community. The book provides practical and specific approaches to helping these couples and the issues that a minister must deal with in order to be useful to them.

The Beauty of Conflict for Couples

This work is a breakthrough in the field of conflict resolution. It offers a framework for identifying the primary cause of conflicts in all human systems and also offers practical tools for resolving them.

The Seven Principles for Making Marriage Work

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

The Power of Two Workbook

From the bestselling author of *Charlie and the Chocolate Factory* and *The BFG!* After James Henry Trotter's parents are tragically eaten by a rhinoceros, he goes to live with his two horrible aunts, Spiker and Sponge. Life there is no fun, until James accidentally drops some magic crystals by the old peach tree and strange things start to happen. The peach at the top of the tree begins to grow, and before long it's as big as a house. Inside, James meets a bunch of oversized friends—Grasshopper, Centipede, Ladybug, and more. With a snip of the stem, the peach starts rolling away, and the great adventure begins! From the Trade Paperback edition.

James and the Giant Peach

A professor of psychology details a five-step process called "motion coaching" that allows parents to raise a child better able to cope with his or her emotions. 35,000 first printing.

Conflict Resolution

Every marriage has its share of conflict. But what do you do when conflict arises? You can learn to transform conflicts into opportunities to energize your marriage and increase your love for your mate.

A Lasting Promise

Do you feel that you and your partner have lost your

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spark, are growing apart, or just don't communicate well? If any of this sounds familiar, then keep reading. Maybe you haven't had the courage to bring up these issues with your partner, and have been holding things in even though you know your relationship has problem areas. Perhaps you've heard dating advice that made you think the following: "I think we should schedule a date night." "Let's focus on our intimacy." "I think we should talk more." But the problem is, those kinds of solutions don't work on their own, because they're addressing symptoms of a struggling relationship, but not causes. Improving your emotional intelligence will give you the ability to identify the causes of your relationship problems--whether they're yours, your partners, or a combination--and to address the causes of those problems, instead of just the symptoms. All successful relationships are built on a strong core of emotional intelligence. This book will not only teach you how to build up and use that core of emotional intelligence, it will teach you how to apply it to your relationship and improve it in ways that make it more enjoyable, longer lasting, and easier to manage. Build up your emotional intelligence skills from the bottom up--ensuring you have the strong, well-rounded emotional skills needed to address any and all issues that may arise in your relationship. This is the most efficient and effective way of improving your relationships. Without it, you may continue your old habits that are causing your relationships to fail--wasting time and emotional currency with your partner looking for solutions to problems you don't fully understand. In this book, you will learn how to: Resolve conflict in emotionally charged situations

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Earn and receive trust Communicate better with your partner, even if they are the type that "shuts down" or is otherwise difficult to communicate with Have the courage to have difficult conversations with ease and calmness Not let relationship problems build up and fester Develop and express empathy for your partner Control your emotions in heated arguments See how other people see and interpret your behavior Increase your own self-awareness and work on you in order to bring a better "you" into your relationship Solve challenging relationship problems through practice exercises Carry over these emotional intelligence skills into every type of relationship in your life Whether married, dating, or single, this book will give you a true understanding of what emotional intelligence is, and how you can use it to strengthen your current and future relationships. Emotional intelligence is no "pop-psychology" fad. As an established scientific concept supported by over 60 years of research, it will be explained in this book in a way that's practical and easy to grasp. You can increase your EI, which you can then use to improve the relationships in your life. All you need are the strategies, tips, and habits offered in this book. Scroll up, and click "buy now" to get this book!

Counseling Couples in Conflict

Transform the Way Conflict Affects Your Love Life
Want to bring more peace into your relationship—and also get back that “spark” that’s been missing? From bad breath to infidelity, find resolution for issues that cause division. If left unresolved, sources of

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disconnect can lead to major rifts in a relationship. Authors CrisMarie Campbell and Susan Clarke bring over twenty years of experience in family and marriage counseling and relationship coaching to this book. They cater their advice to romantic relationships and provide resolution strategies for women and men. Bring back the “spark” that’s been missing. Passion is essential to relationships, and equally important across the spectrums of love, sex, and dating. Whether it’s our first love or last love, in order for our bond with our partner to thrive, there needs to be a sense of excitement present. By transforming the way conflict affects us, we create a space for the intimate relationship or passionate marriage we long for to take root and grow. Conflict doesn’t have to be a deal breaker. While arguments with our partner can get tiring, looking at those disagreements as opportunities to strengthen our bond rather than weaken it can have a significant impact on their effect. With conflict comes the chance to communicate and solve problems together. This can restore a sense of intimacy and connection with our partner, both emotionally and physically. In *The Beauty of Conflict for Couples*, you will find:

- Relatable stories that shed light on the common struggles of romantic relationships
- Practical tools that offer guidance for addressing conflict
- A source of hope for relationships that appear to be fated for failure

If you and your significant other have looked for guidance in books such as *Mating in Captivity*, *The 5 Love Languages*, *Hold Me Tight*, or Campbell and Clarke’s first book, *The Beauty of Conflict*, then you’ll find a further source of resolution in *The Beauty of Conflict for Couples*.

Loving through Your Differences

The Seven Conflicts

This step-by-step guide is for couples who want to enhance their communication skills and maximize their relationship's potential for mutual support and growth. Troubled spouses will discover how to hear without becoming defensive, clean up after verbal toxic spills, and convert moments of anger into opportunities for growth.

The Science of Trust: Emotional Attunement for Couples

Specifically, this book was written with the intent of readers attaining a reasonable degree of insight into the common issues that may erode relationships, promote improved communication as well as some easy strategies which the author hopes that patients will find helpful. In this book, special focus was given to communication. The way we interact is the cornerstone of any relationship be it romantic or otherwise. As such the author felt that possibly a simple book would be useful for those couples to serve as a guide and as a gentle reminder of the importance of good communication. Possibly this book may be kept in the bedside draw by the bed for emergency use!

Conflict Resolution for Couples

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Tired of bickering with your partner about chores and money, scheduling, the kids, the house? Tired of the draining disagreements, the silent treatment, the passive-aggressive comments, the arguments that loop and loop and never seem to get resolved? Want to bring more peace into your relationship--and also get back that "spark" that's been missing? Reading this book will help you Look at your relationship challenges from a fresh perspective, get unstuck, and see options you hadn't considered before. Learn that it's possible to coexist happily with your partner, even if you have very different preferences and views about the world. Learn techniques to settle your nervous system (stop the "panic/fight or flight" instinct) during tense moments with your partner, so that you can think clearly and find solutions together. Break the frustrating cycle of conflict > apologizing (or caving in) > making up > brief period of calm > then, exact same conflict again. Learn how to take a conflict about something big (money, parenting, sex) or small (laundry, dishes, dinner plans) and shift from the conversation from "stressful" to "inspiring and exciting." Create more intimacy and passion with your partner and build a relationship where both of you feel vibrant and alive. Readers who love books like *Mating in Captivity* (Esther Perel) and *The Five Love Languages* (Gary Chapman) will enjoy this book about how to create a long-term relationship that's full of excitement, not friction.

Becoming Us

Countless married couples end up living alone - in the

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same house. Over twenty-eight years of conducting "Weekend to Remember" conferences have convinced Dennis and Barbara Rainey that isolation is the number-one problem in marriages today. But they believe it's possible to overcome "marital drift" and experience the miracle of oneness. This book provides a positive, workable strategy for keeping your marriage vital and intimate. Included are proven principles and hands-on exercises to help you: understand the personal and cultural forces that isolate you from your spouse manage your schedules, workloads, roles, and responsibilities without losing sight of each other allow for (and enjoy) individual differences while maintaining unity build an atmosphere of cooperation by meeting each other more than halfway "affair-proof" your relationship (or heal it after the fact) grow closer during hard times instead of letting your troubles pull you apart create a "safe" atmosphere for transparent communication discover the secrets of a mutually rewarding sex life leave a legacy of love and unity to your family and friends Previous Edition: 0-8499-3343-9

Staying Close

FIND HAPPINESS AND FULFILLMENT THROUGH —
RATHER THAN DESPITE — YOUR DIFFERENCES Dr. James Creighton has worked with couples for decades, facilitating communication and conflict resolution and teaching them the tools to build healthy, happy relationships. He has found that many couples start out believing they like the same things, see people the same way, and share a united take on

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the world. But inevitably differences crop up, and it can be profoundly discouraging to find that one's partner sees a person, situation, or decision completely differently. Although many relationships flounder at this point, Creighton shows that this can actually be an opportunity to forge stronger ties. In *Loving through Your Differences*, he draws on the latest research in cognitive science and developmental psychology to show how we invent our realities with our perceptual minds. He then provides clear, concrete tools for shifting our perceptions and reframing our responses. The result moves couples out of the fear and alienation of "your way or my way" and into a deep understanding of the other that allows for an "our way." As Creighton shows, this way of being together, based on the reality of individuality rather than the illusion of sameness, sets the stage for long-term excitement, discovery, and fulfillment.

The Basement Theory for Couples Conflict Resolution

In this counter intuitive book, author Dr. Greg Smalley maintains that fighting is actually good for a marriage. Couples will learn how to fight their way to a better marriage, using the skills, concepts, and exercises shared in this remarkable book.

The Couple Checkup

The authors help Christian couples see their differences as opportunities to grow closer to each other and to God, as they learn to identify their

mutual dreams, put differences in perspective, understand each other's underlying motives, and work together as partners who are more in love than ever. Original.

Fight Less, Love More

★Are you looking for ways to save your relationship? If yes, then keep reading! It's easy to miss one aspect in today's world of dating television shows, mobile applications, and romantic comedies: relationships are work. We never swipe correctly, fall in love, and live happily ever after. And when things get rough, it's easy to throw in the towel, suggest, "It wouldn't have worked out anyway," and step on—rather than do the work to learn how to maintain a relationship. But it's worth protecting your relationship. You've got past. You've been through a lot together—a lot of relationships over the last few years or even decades before you came to this stage. Your partner loves you more than anybody else, so they're going to be there for you when no one else would. This book covers: ✓ High Conflict Couple ✓ Conflict Couple Relationships ✓ Conflict Management in Out of Control Emotions ✓ High Conflict Couple Divorce ✓ Couple Conflict Resolution ✓ Couple Conflict Management ✓ Codependency And Much More! ★Conflict with your spouse can make you feel assaulted or endangered, helpless, and fragile, which may make you panic and retreat. When something that your spouse does annoy you, and you feel like you're under attack, you're less inclined to react constructively, so you're more apt to return to old standbys like silent

treatment that can eventually do more damage than good. Eventually, that would lead the relationship to break down entirely. Focus on where you don't want the relationship to stop, struggle, and allow frustration build-up, you'll find yourself where you don't want to be—either in a miserable, unfulfilling relationship or totally apart from the spouse. If you work on dispute management and evolve together, you'll get the results you expect. "Buy now" and start looking at ways to save a relationship.

Wired for Love

Easy strategies for dealing with the near-universal experience of stress. Stress has become a near-universal experience as well as a rising public health concern. According to many measures, people today are dealing with stressors that are greater in number and severity than in the past several decades, and this stress is taking a toll on our collective wellness. Bringing considerable content from her popular stress management Web site on About.com, Elizabeth Scott distills information about stress management into central ideas and strategies for consumers. These include learning to reduce the stress response and stressors, practicing long-term resilience habits, and putting positive psychology research into action. These various perspectives provide a multilayered framework for understanding stress and approaching stress management that is inspirational, action-oriented, and backed by foundational and recent knowledge in the field. The quick-to-read “8 keys” format of the book can be utilized on many levels so

that busy readers can quickly find relief from stress.

More Love Less Conflict

An eminent therapist explains what makes couples compatible and how to sustain a happy marriage. For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called "emotional attunement," which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship. Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times. Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he

argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient. This book, an essential follow-up to his 1999 *The Marriage Clinic*, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

Resolving Conflict in Your Marriage

The revised edition of the bestselling Christian guide to a happy marriage. For more than fifteen years, Scott Stanley's *A Lasting Promise* has offered solutions to common problems—facing conflicts, problem solving, improving communication, and dealing with core issues—within a Christian framework.

Thoroughly revised and updated, this new edition is filled with sacred teachings of scripture, the latest research on marriage, and clear examples from the lives of couples. The book's strategies are redesigned to help couples improve communication, understand commitment, bring more fun into their relationship, and enhance their sex lives. Lead author Scott Stanley is co-director of the Center for Marital and Family Studies at the University of Denver and coauthor of *Fighting for Your Marriage*, which has sold more than a million copies. Offers reflections on how to enhance anyone's marriage over the long term and avoid divorce. Covers recent cultural shifts, such as dealing with the endless technological distraction and issues with social networking. New themes include the chemistry of love, the life-long implications of having bodies, and how to support one another emotionally.

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Uses illustrative examples from couples' lives and rich integration of insights from scripture This important book offers an invaluable resource for all couples who want to honor and preserve the holy sacrament of their union.

Communication Workbook for Couples

In a dramatic theoretical breakthrough, psychologist Susan M. Heitler unties various schools of therapy with a powerful insight. Emotional healing depends on movement from conflict to resolution, as the title suggests.

The Beauty of Conflict for Couples

Strengthen communication skills and gain a deeper connection--a marriage workbook for couples
Communication is the key to any successful relationship. But sometimes, creating an open line can be challenging. Communication in Marriage Workbook gives you the tools you need to build more effective communication patterns with your partner to navigate common conflicts in a positive and supportive way. From open-ended discussion prompts to quick quizzes, this complete communication in marriage workbook for couples can show you how to use simple, actionable exercises to improve your marriage by working together or separately to work through issues. Get on the path to breaking barriers and building a more honest, open, and authentic relationship through compromise and clear communication. Inside the Communication in

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Marriage Workbook, you'll find: Accessible to all--Couples of all kinds are welcome, including newlyweds, couples who have been married for a while, and married couples with kids. Inclusive approach--This communication in marriage workbook is gender nonbinary and open to all couples in the LGBTQIA+ community, varying socioeconomic backgrounds, and ages. Simple exercises--These activities can be completed individually or worked on together. Communicate better and make your bond stronger with this communication in marriage workbook.

Coping with Conflict in Couples

Resolving Conflict in Marriage

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. *Wired for Love* is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize

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when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "warring brain" mentality and toward a more cooperative "loving brain" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

Couple Conflict Resolution

Are the wedding and honeymoon over? Have years passed since your marriage was filled with romance? Have conflicts arisen--trouble with the kids, problems with money, or struggles in your intimate relationship? Do you find yourselves divided as a couple for days, even weeks? Are the two of you focusing on who is at fault rather than what can be done? If this is your story, now is the time to resolve the conflicts in your marriage. Darrell Hines calls on you to recognize the spiritual forces that are intent on destroying your marriage. He challenges you to rediscover and reconnect with the foundational principles that keep a marriage together. He identifies key ways to prevent and confront conflict. Find a place of agreement and move on! Discover today how you can begin walking together in a new, stronger commitment! Learn how to build a relationship that

faces difficulties, overcomes them, and emerges stronger than ever! This book is a must-read for all married couples And a powerful gift for those about to make wedding vows.

Communication in Marriage Workbook

How Christian couples can understand their personality types—and build a more powerful bond of love. He doesn't listen to me . . . I don't understand her . . . Why do we keep having the same fight? If you've ever felt baffled by the person you married, join Enneagram Coach Beth McCord and her husband, Pastor Jeff McCord, as they pull back the curtain to reveal why you and your spouse behave in different ways. Applying the Enneagram through the lens of the gospel, they provide practical steps, insights, and tools to better understand yourself and each other. This book will help you: Answer the question, "Why do they do that?" Stop committing "assumicide" about each other's motives and dramatically improve your communication Relate to your spouse in ways they actually understand Awaken a tired marriage that feels like it's on cruise control Defuse conflict before it starts, especially the same old "dance" Enjoy your spouse again, even if you've loved each other for years! Whether you're preparing for marriage or celebrating a fiftieth anniversary, *Becoming Us* will revolutionize the way you understand yourself and your spouse, and transform your marriage into the powerful, loving, and satisfying relationship that God intended. "An insightful resource for those who want to understand themselves, their spouse, and their

marriage through the lens of faith and the tool of the Enneagram.” —Ian Morgan Cron, Enneagram expert and author of *The Road Back to You*

Getting Past No

The "Just the Tools" edition of "Conflict Resolution for Couples" is an abbreviated version of Paul Shaffer's first book, "Conflict Resolution for Couples" - originally published in 2005, and then re-published in 2011. This leaner edition "cuts to the chase" of couple's conflict resolution, without the foundational and special population sections that made the original book a much meatier but time-consuming work. "Just the Tools", while a stand-alone title, also serves as a companion book to Paul's "Top 10 Marriage Essentials" published in 2014 (and the "Top 10 Dating Essentials" projected for 2015). It retains the same comprehensive, easy-to-understand, and logical progression found in the original. This book consists of essentially two parts: Part I is about the tools for resolution. It presents a model for managing conflict and itemizes 26 guidelines (the ABC's of conflict resolution) for identifying, validating, processing and resolving issues. Part II discusses strategies for change. It focuses on initiating and maintaining change, understanding lack of change, and healthy routines to support lasting change.

Fight Your Way to a Better Marriage

Offers advice on how to negotiate with difficult people, showing readers how to stay cool under

pressure, disarm an adversary, and stand up for themselves without provoking opposition

The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration

You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a "high-conflict" couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. The High-Conflict Couple adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most.

A Midsummer-night's Dream

A practical guide “brimming with wonderful ideas and methods that can help any couple experience a deeper, more profound connection” (John Gray, author of *Men Are from Mars, Women Are from Venus*). *More Love Less Conflict* teaches readers how to communicate effectively and get more out of love. Whether debating with your parents, trying to convince your boss, or romancing your significant other, the importance of communication skills in your day-to-day life is undeniable. Through the strategies outlined in this essential guide, you can become a better listener, practice open communication, and be capable of handling almost any situation with confidence and compassion. As psychotherapist and bestselling author Jonathan Robinson explains, communication is, like love, something to work on and get better at through conscious practice. Robinson introduces ways for couples to build a foundation of love and connection, engage in crucial conversations, understand unique needs, spot a partner’s triggers, overcome communication barriers—and clear the path for love, fun, and affection.

Conflict Resolution For Christian Couples

A book and online profile that identifies a couple's strengths to help them build a more vital relationship. Based on an unprecedented national survey of 50,000 marriages, *The Couple Checkup* presents the principles for creating a successful couple

relationship. The free online profile includes fifteen to twenty categories that are customized based on the relationship stage-whether dating, engaged, or married-the age, and whether or not children are involved. The book also includes the SCOPE Personality Profile and the Couple and Family Map of the relationship. Each chapter of the book matches a category in the free individual profile. While the book stands on its own, using the Couple Checkup with the book provides the maximum benefit. In addition, each chapter contains couple exercises to help build couple strengths in a variety of areas.

Communication Miracles for Couples

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart

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and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. *The Seven Principles for Making Marriage Work* is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

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