

COUPLES THERAPISTS WERE ASKED THE #1 REASON COUPLES AVOID CONFLICT & HERE IS WHAT THEY HAD TO SAY...



1 LACK OF SAFETY IN RELATIONSHIP

2 LACK OF CONFLICT RESOLUTION SKILLS

Conflict always means bad instead of solving argument



3 FEAR OF MAKING THINGS WORSE

And not valuing growth is born out of conflict

4 SHAME ABOUT NOT KNOWING HOW TO HANDLE IT



5 PERFECTIONISM

Can I do this the right way?

6 LEARNED BEHAVIOR

To sweep things under the rug



7 PAIN, CONFUSION & FRUSTRATION ASSOCIATED WITH THE CONFLICT



8 FEAR. . .

Of the response, of losing others' positive regard, of anger (shamed about anger as child), of being unloveable, getting hurt,

9 UNCERTAINTY ABOUT THE RESPONSE

How will this turn out?



10 LACK OF ABILITY TO MAINTAIN A SOLID SENSE OF SELF

In the presence of pressure to conform, mege, agree, or reshape

11 LACK OF ABILITY TO MANAGE FEELINGS

Well enough to think straight under pressure



12 REJECTION

13 BEING ABANDONED

14 BEING BROUGHT UP WITH MUCH CONFLICT, OR NO CONFLICT

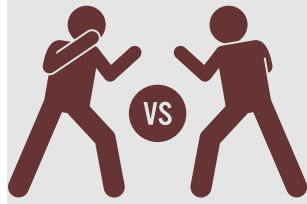
Both nervous systems are activated & you go into "flight"



15 PAIN AVOIDANCE

16 POSITIVE MOTIVATION

To stay attached, however it creates more distance



17

THINKING THERE HAS TO BE A WINNER OR LOSER

18

UNSURE WHAT TO DO

Not having the lived experience & relational skills that informs them discord can lead to deeper intimacy