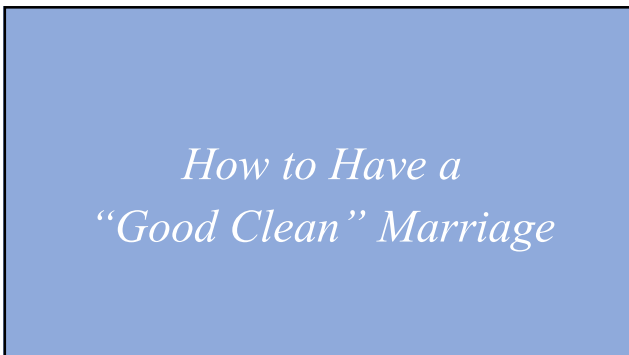




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Why Most Marriages Fail

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Marriages don't fail because of having many problems or BIG problems.... Marriages fail because they don't have a way of handling these problems.

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So, the success of your relationship depends on how well you can handle conflict.

75

Reactive Communication Course Overview

- How to Be Solutions Oriented, Reshape the "Fight" & Redefine the "Win"*
- How to Increase Transparency Not Just Honesty*
- How To Fight Fair and Improve the Quality (vs Quantity) of Arguments*
- Finding the Right Time and Medium for Tough Conversation*
- Cheating and Our Testimony*

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Phenomenal Fighting
How to Avoid Common Conflict and Navigate Through Tough Conversations

How to Be Solutions Oriented, Reshape the "Fight" & Redefine the "Win"

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What We'll Cover

- What are the 5 Main Types of Marriage Mindsets
- How Being Solutions Oriented Can Save your Marriage
- Reshaping the Fight & Redefining the Win

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What are the 5 Main Types of Marriage Mindsets

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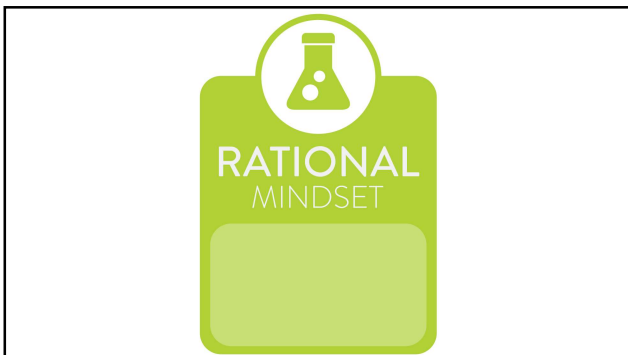
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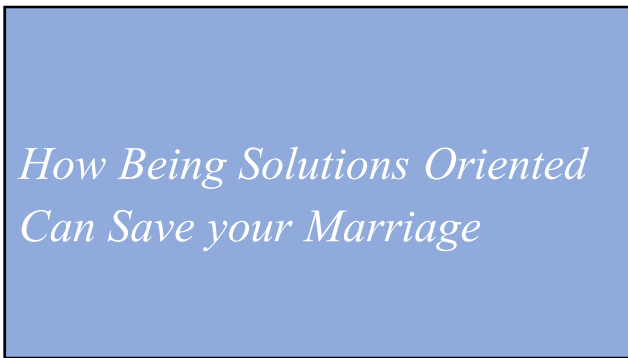
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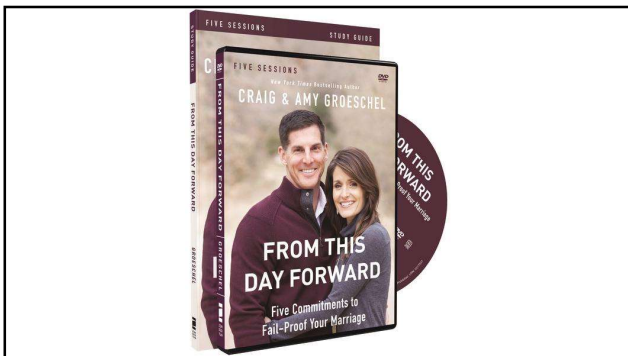
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Reshaping the Fight & Redefining the Win

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What We'll Cover

- Transparency vs Honesty. What's the Difference?
- How We Lost Peace In Our Relationships
- How To Regain Peace In Your Relationship

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*Transparency vs Honesty.
What's the Difference?*

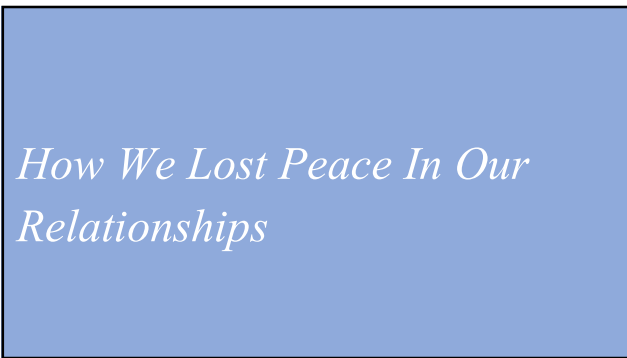
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How To Regain Peace In Your Relationship

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Phenomenal Fighting
How to Avoid Common Conflict and
Navigate Through Tough
Conversations

How To Fight Fair and Improve the Quality (vs Quantity) of Arguments

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What We'll Cover

- Why Should We Fight Fair
- How To Improve the Quality of Your Arguments
- Rules of Engagement For Fighting Fair

101



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*Improve the Quality
(vs Quantity) of Arguments*

105

*Focus on the quality of your
arguments over the number of
your arguments.*

106

*When you have arguments that
drain you of your energy. You'll
normally give up or get "lazy"*

107

High quality arguments help you get through arguments and still have peace in your marriage.

108

How To Fight Fair

109

You and your spouse need to have an agreed upon list of “rules of engagement”.

110

The James Family Rules of Engagement

1. Do not curse in an argument
2. Not allowed to raise my voice
3. No Sarcasm or passive aggressiveness (Attack the problem, not the person)
4. Don't use infinitives.
5. Silence is an option but stonewalling is not.
6. Choose the right time for tough conversations!

Bonus:

- 5 minute rule
- What I hear you saying is?

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Phenomenal Fighting
How to Avoid Common Conflict and
Navigate Through Tough
Conversations

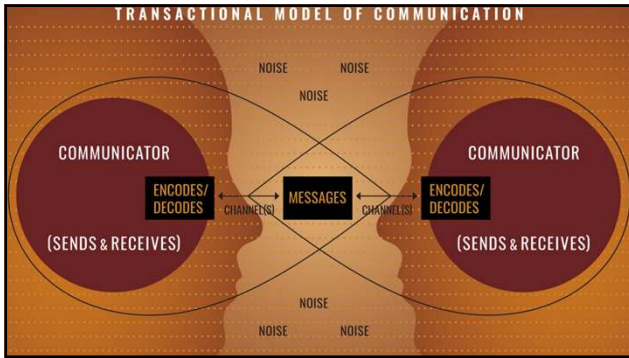
Finding the Right Time and Medium for Tough Conversation

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What We'll Cover

- Transactional Model of Communication
- Properly Assessing the 5 Parts of the Model

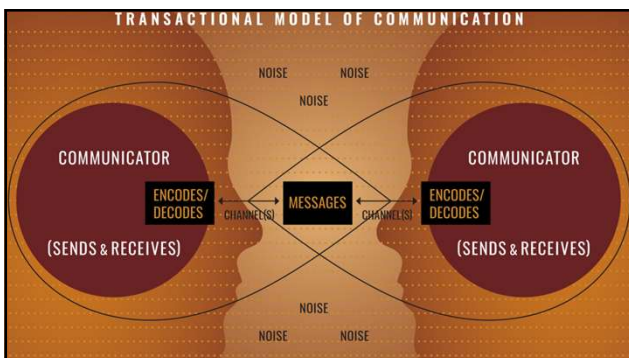
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- Transactional Model of Communication
1. Encoding (intention)
 2. Message (exact words used)
 3. Channel (How you communicate, text, face to face etc)
 4. Decoding (Effect/ interpretation)
 5. Noise (outside messaging)

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