

BENEATH THE ARGUMENT

Communication problems are often symptoms of something deeper.

Many couples come to believe they have a communication problem.

While communication is certainly part of the struggle, it is often not the core issue.

Beneath many recurring arguments are deeper patterns that shape how communication unfolds. Expectations, emotional overwhelm, attachment wounds, unresolved hurts, and stored resentment all influence how partners interpret each other's words and actions.

When these deeper areas are not understood, conversations can become repetitive.

The same conflicts appear in different forms, leaving both partners feeling frustrated, unheard, or disconnected.



The goal is not simply to communicate better.

The goal is to understand what is happening underneath the communication.

COMMON SOURCES OF CONFLICT



EXPECTATIONS

Ideas about roles, responsibilities, and how a relationship "should" work.



EMOTIONAL OVERWHELM

Moments when stress, anxiety, or strong emotions make it difficult to stay present.



PAST HURTS

Experiences inside or outside the relationship that continue to influence reactions.



STORED RESENTMENT

Unresolved disappointments that slowly shape how partners see one another.



REFLECTION

When we find ourselves having the same argument repeatedly, what might be happening underneath?

What do I wish my partner understood about my experience?

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*The conversation
is often not
the problem.
It is the doorway
to the problem.*

