

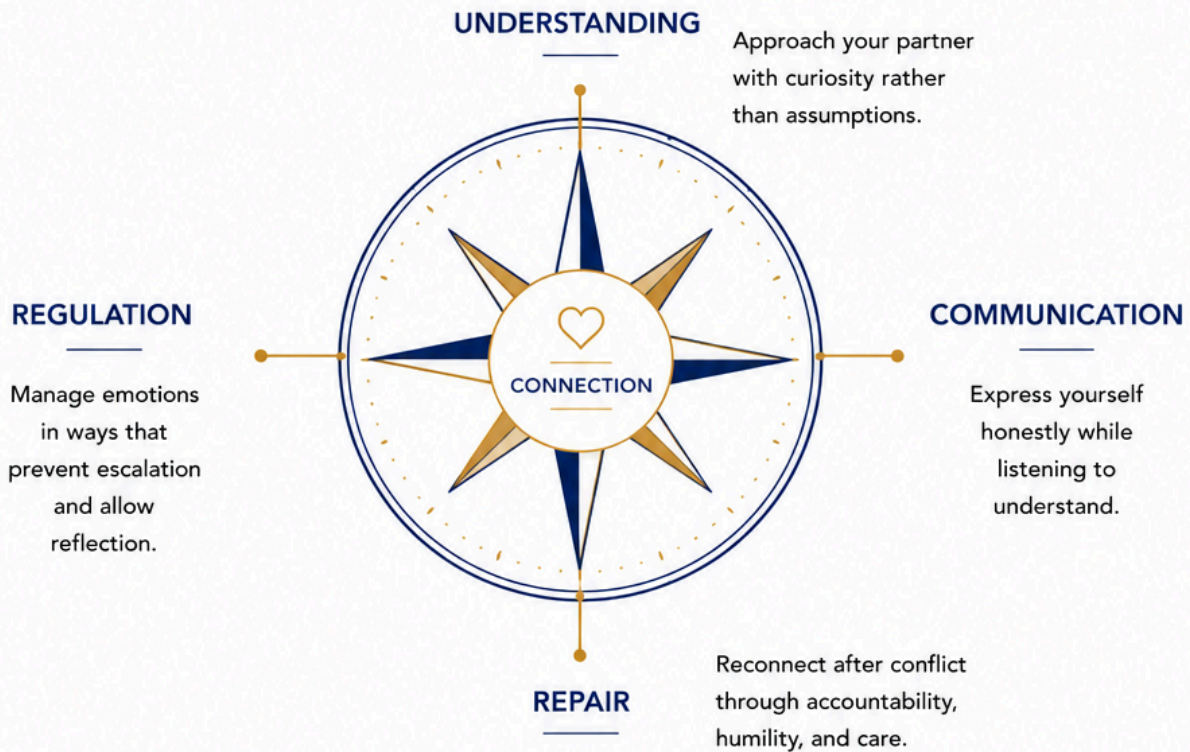
WORKING WITH CONFLICT

*Conflict is not the problem.
The way couples move through conflict
often determines whether it creates
distance or growth.*

Every couple experiences disagreement.

Healthy relationships are not defined by the absence of conflict, but by the ability to navigate difficult moments while maintaining connection and respect.

Four skills help couples move through conflict more effectively:



REFLECTION

Which of these four skills feels strongest in our relationship today?

Which skill would help us most during difficult moments?



*Repair is
often more
important than
avoiding conflict.*

