

Arguments As Opportunities For Intimacy And Connection

Your Relationship Minute, I'm Douglas Johns.

Turn your fights into intimate conversations that strengthen your relationship.

(Strange but true!)

One place to start is with reflection and curiosity: What was my part in the argument? What do I regret about the fight and its impact on the relationship? What are my hopes, dreams, and desires for the relationship? In other words, what can I authentically apologize for, own as my part in the fight, and how can I express my vision for the relationship I'd like us to have? Furthermore, how can I contribute to a stable emotional Platform from where we both can talk about the argument with compassionate curiosity for each other?

So perhaps you're thinking, "I don't want to talk about the fight, I want to move past it and get back to normal."

Of course you do, we all do, and . . . there are better and worse ways for achieving that. Ignoring the problem can be a type of Stonewalling, as John Gottman describes it. A Platform of compassionate curiosity about the fight can help us Solve The Moment by maintaining emotional connection even with hurt feelings.

I'm Douglas Johns and I'm a Couples Therapist. Please like and subscribe. More information at Your Relationship Minute dot com.

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