

Don't Solve The Problem, Solve The Moment

Your Relationship Minute, I'm Douglas Johns.

Don't solve the problem, solve the moment!

When couples argue they can lose sight of what's most important: maintaining emotional connection. Instead they may focus on defending their individual perspectives on the problem in reaction to their partner doing the same. "Attack and Defend", as John Gottman describes it, leads many of us down the rabbit hole of anger and withdrawal. In moments like these, we can almost appear to think criticizing our partner is the doorway to blissful change.

Dan Wile's 'Solving The Moment' puts attention on couples maintaining compassionate curiosity about each other. Couples create a platform of emotional safety from which to observe the problem more objectively. They fold the problem into their relationship and relate with the problem together, as a united couple. Rather than using the problem against each other they inquire into their partner's perspective. When we solve the moment, recognizing our mutual suffering, solutions can reveal themselves organically.

I'm Douglas Johns and I'm a Couples Therapist. Please like and subscribe. More information at [Your Relationship Minute dot com](http://YourRelationshipMinute.com).

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