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WHAT MAKES RELATIONSHIP WORK?

Did you know that the number one predictor of divorce is the habitual avoidance of conflict?

Successful couples are those who know how to discuss their differences in ways that actually strengthen their relationship and improves closeness or intimacy.

Successful couples know how to contain their disagreements—how to keep them from spilling over and contaminating the rest of their relationship.

Research shows that every happy, successful couple has approximately ten areas of “incompatibility” or disagreement that they will never resolve. Instead, they learn how to manage their disagreements and live life “around” them—to love in spite of their areas of difference.

The ironic thing is that if we switch partners, we’ll just get ten new areas of disagreement, and sadly, the most destructive will be about the children from our previous relationships.

In addition to skills for handling disagreements, we also have to learn to **welcome and embrace change**. When we enter a relationship, we often commit to stay together till death us do part—but, we don’t promise to stay the same! We need skills to welcome, integrate and negotiate change along the way.

The good news is that the skills or behaviors—behaviors for handling disagreement and conflict, for integrating change, and for expressing love, intimacy, support and appreciation—can all be learned. Couples can unlearn the behaviors that predict divorce—that destroy love—and replace them with behaviors that keep love alive.

Let’s get started.....

Dr Tony Fiore

