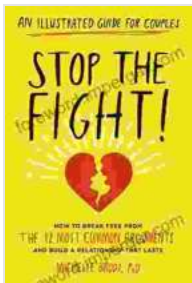


Break Free From the 12 Most Common Arguments and Build Relationships That Last

Do you feel like you're always arguing with your partner? Do the same arguments keep coming up over and over again? If so, you're not alone.



Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts by Ellis Amdur

★★★★☆ 4.4 out of 5

Language	: English
File size	: 29706 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 322 pages
Lending	: Enabled



Arguments are a normal part of any relationship. But when they become too frequent or too heated, they can start to damage the relationship.

The good news is that there are things you can do to break free from the cycle of arguing and build a relationship that lasts.

In his book, How to Break Free From the 12 Most Common Arguments and Build Relationships That Last, Dr. John Gottman identifies the 12 most common arguments that couples have. He also provides helpful advice on

how to avoid these arguments and build a more positive and fulfilling relationship.

The 12 Most Common Arguments

1. **Criticism** - This is when you attack your partner's character or personality. For example, "You're so lazy" or "You're never there for me."
2. **Defensiveness** - This is when you respond to your partner's criticism by defending yourself. For example, "I'm not lazy, I'm just tired" or "I was there for you last week."
3. **Contempt** - This is when you express disrespect or disgust towards your partner. For example, "You're so stupid" or "You're disgusting."
4. **Stonewalling** - This is when you refuse to communicate with your partner. For example, you might ignore their texts or emails, or you might simply walk away from a conversation.
5. **Flooding** - This is when you overwhelm your partner with a torrent of words. For example, you might start yelling or crying, or you might just keep talking over them.
6. **Mind reading** - This is when you assume you know what your partner is thinking or feeling without asking them. For example, "I know you're mad at me" or "I know you don't love me anymore."
7. **Fortune telling** - This is when you predict the future in a negative way. For example, "We're never going to work out" or "You're going to leave me someday."
8. **Control** - This is when you try to control your partner's behavior. For example, you might tell them what to do, or you might try to limit their

contact with other people.

9. **Blame** - This is when you blame your partner for your own problems. For example, "You made me angry" or "You ruined my day."
10. **Denial** - This is when you refuse to acknowledge your own role in the argument. For example, "I didn't do anything wrong" or "I'm not the one who started it."
11. **Justification** - This is when you try to justify your own behavior by blaming your partner. For example, "I only said that because you were being so rude" or "I wouldn't have to yell if you would just listen to me."
12. **Trivializing** - This is when you dismiss your partner's concerns as unimportant. For example, "That's not a big deal" or "You're just being silly."

How to Avoid These Arguments

Now that you know the 12 most common arguments, you can start to take steps to avoid them.

Here are a few tips:

- **Communicate respectfully** - When you're talking to your partner, make sure to use a respectful tone of voice. Avoid name-calling, insults, and other forms of verbal abuse.
- **Listen actively** - When your partner is talking to you, really listen to what they're saying. Don't just wait for your turn to talk. Ask questions to clarify what they mean and try to understand their point of view.

- **Set boundaries** - It's important to set boundaries in your relationship. Let your partner know what behaviors you're not willing to tolerate. For example, you might say, "I'm not going to tolerate being yelled at" or "I'm not going to be controlled."
- **Take a break** - If you and your partner are getting into an argument, it's okay to take a break. Go for a walk, take a few deep breaths, or just give each other some space. When you come back to the conversation, you'll be able to talk more calmly and rationally.
- **Seek professional help** - If you're struggling to avoid arguments on your own, consider seeking professional help. A therapist can help you identify the underlying causes of your arguments and develop strategies for resolving them in a healthy way.

Building a Relationship That Lasts

Arguments are a normal part of any relationship. But when they become too frequent or too heated, they can start to damage the relationship.

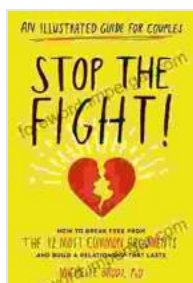
By following the tips in this article, you can learn how to break free from the cycle of arguing and build a relationship that lasts.

Here are a few additional tips for building a strong and lasting relationship:

- **Spend quality time together** - Make sure to spend quality time together on a regular basis. This could involve going on dates, cooking dinner together, or simply talking and spending time together.
- **Show your appreciation** - Let your partner know how much you appreciate them. Tell them how much you love them, and express your gratitude for all the things they do for you.

- **Be supportive** - Be supportive of your partner's goals and dreams. Let them know that you're there for them, and that you believe in them.
- **Forgive each other** - Everyone makes mistakes. If you and your partner have an argument, it's important to forgive each other and move on. Holding onto grudges will only damage your relationship.
- **Be committed to the relationship** - A lasting relationship requires commitment from both partners. Be willing to work through the tough times and never give up on each other.

Building a strong and lasting relationship takes time and effort. But it's worth it. A good relationship is one of the most important things in life.



Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts by Ellis Amdur

★★★★☆ 4.4 out of 5

Language	: English
File size	: 29706 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 322 pages
Lending	: Enabled





Unlock the Secrets to Nurturing Highly Successful Individuals: A Comprehensive Guide for Parents and Educators

In a rapidly evolving world where success is constantly redefined, it has become imperative for parents and educators to equip the next generation with the skills,...



The Fall of the Hellenistic Kingdoms 250-31 BC: A Captivating Journey Through the Decline and Fall of Ancient Empires

Unraveling the Enigmatic Decline of Ancient Empires Step into the captivating world of the Hellenistic Kingdoms and embark on a...