

# MARRIAGE PREPARATION

## LESSON 6

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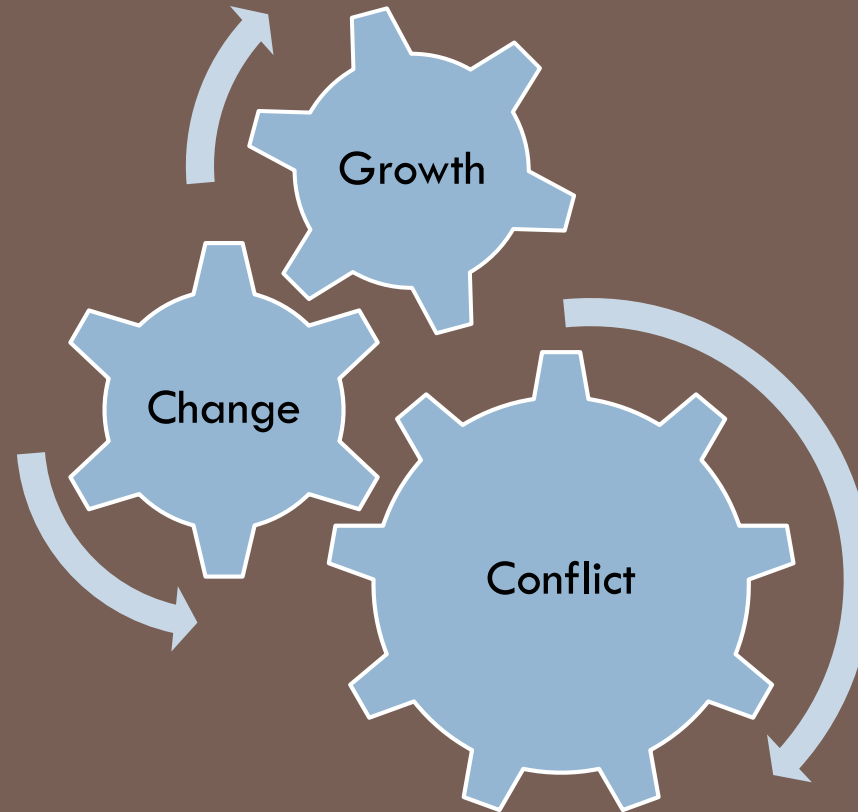
Winning and Losing Strategies



Is conflict a sign of a bad marriage?



Is harmony a sign of a good marriage?



Problems are the drive-wheels and grind-stones of intimate relationships. If we use relationships properly they make us grow into adults, capable of intense intimacy.

# 3 CONFLICT PATTERNS

Attack



Attack

Attack



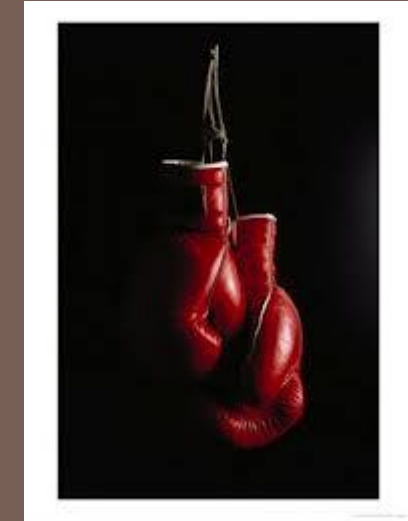
Retreat

Retreat



Retreat

# LOSING STRATEGIES



1. Controlling our partner
2. Proving we are right
3. Unbridled self-expression
4. Revenge
5. Withdrawal
6. Costly accommodation

# WINNING STRATEGIES

- Gratitude
- Making Requests
- Self Soothing
- Repair Attempts

