

# THE COUPLES CURE

## Miraculous Recovery for Couples on the Brink

### Find the Life Dream Behind the Conflict

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Step 1: Pick a gridlocked issue that you have with your partner. You may have more than one, so pick one that you are most inclined to discuss and solve.

Step 2: Then write down an explanation of your position, write down how you feel, what your thoughts are, and what you want or need. Write this down from the "I" place, sharing about your experience...nothing about your partner or blame of any kind.

Step 3: Now go deeper and answer these questions:

- Why is this issue so important to you?
- Is there anything in your past or your childhood that explains why you feel so strongly about this?
- What does it mean to you?
- What does it mean if you were to not solve it?
- What does it mean if you did solve it?

Step 4: If you are doing this with your partner, come together after completing step 1-3 individually. Take turns, and speak for no more than 15 minutes about what you've written. Don't try to solve the problem and don't even talk about the conflict if possible. Just share and help your partner understand why this issue is so meaningful to you and what it symbolizes. Be clear and honest. Make sure you're speaking softly and gently. When it's your turn to listen, just take it in and pledge a non-judgmental stance. Just listen like a friend listens. If your partner is telling you one of his or her dreams. Just listen and help them explore it more deeply. Also, then express understanding and support of your partner's dream.

Step 5: After you each had a chance to share, express respect for what is at stake for each other. (If you are doing this alone, do this for yourself. It matters.) Ask your partner if there is something you can do to support their dream with regards to this issue. Is this something that can be proposed, now that you know what is at stake for each other? Is there something that you could try for a small period of time?

Or, if you don't feel you have an answer or possible solution, how can you share care and support for their perspective?

Please note: If you don't have any solutions, that is ok. Just thank each other for sharing, and express intentions to come back to this topic after you had a chance to integrate what was shared for at least 72 hours.

The most important part of this exercise is to identify and hear the life dreams behind the conflict.