

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

The "Us" in Conflict Exercise

This was adapted from Ken Keyes.

When you are in conflict or upset, imagine both of you in the "us" place. If you are feeling angry or blaming your partner, use the phrase "one of us."

For example: "One of us is being obnoxious." "One of us is afraid." "One of us doesn't understand."

Do it for both of you. Put an imaginary circle around both of you and stay mentally in the "us" place. You don't have to deny your feelings or that your partner is being difficult (maybe you are too) so stay in the "us" place and don't make a separation between you.

Imagine a circle of light surrounding both of you. Instead of focusing on "my hurt, or my fear or my troubled relationships", say to yourself, "I am feeling the hurt, the fear, the confusion common to most relationships.

Instead of saying "I'm mad at you," say "meyouanger," or "meyourfight." That takes away the Me vs. You mentality and makes it something that you both are tangled up in.