

Conflict De- Escalation for Couples



The 10-Minute Repair Ritual

A Playful, Practical Guide to Stopping Fights Before They Spiral

Table of Contents

1. Welcome: Why Couples Fight
2. The Real Problem Isn't the Argument
3. What Happens to Your Brain During Conflict
4. The 10-Minute Repair Ritual
5. The "Pause, Don't Pounce" Method
6. Conversation Rules That Actually Work
7. Repair Phrases That Calm Conflict Fast
8. Common Fight Traps
9. The "After the Argument" Reset
10. Weekly Relationship Check-Ins
11. Interactive Worksheets & Challenges
12. Final Encouragement

Welcome: Why Couples Fight

Every couple argues.

Healthy couples.

Happy couples.

Long-term couples.

Even couples who adore each other.

Conflict itself is NOT the problem.

The problem is:

- escalation
- defensiveness
- shutting down
- attacking instead of understanding

Most arguments aren't actually about dishes, texting back, money, or laundry.

They're about:

- feeling unheard
- feeling dismissed
- feeling overwhelmed
- feeling unappreciated

This guide will help you stop fights from turning into emotional hurricanes.

And the best part?

The repair ritual only takes 10 minutes.

The Real Problem Isn't the Argument

Most couples think:

“If we stopped arguing, our relationship would improve.”

Actually...

Healthy relationships are built by:

repairing conflict well.

The goal is NOT:

✗ never disagreeing

The goal IS:

- ✓ recovering faster
- ✓ feeling emotionally safe
- ✓ communicating without emotional destruction

Preview Ends Here.

You're reading the first 4 pages of "Conflict De-Escalation for Couples."

There's much more inside - grounded, practical, and ready to use.

Get the full PDF from ThriveVault.

thrivevaultreset.com