

# Redefining Conflict

How to Fight *For* Our Relationships,  
Not *Against* Them





# A few reminders:

- 1 Submit your questions through the Q&A
- 2 Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- 3 Check your email later today for a copy of these slides and a replay of this webinar.



# Meet your guides



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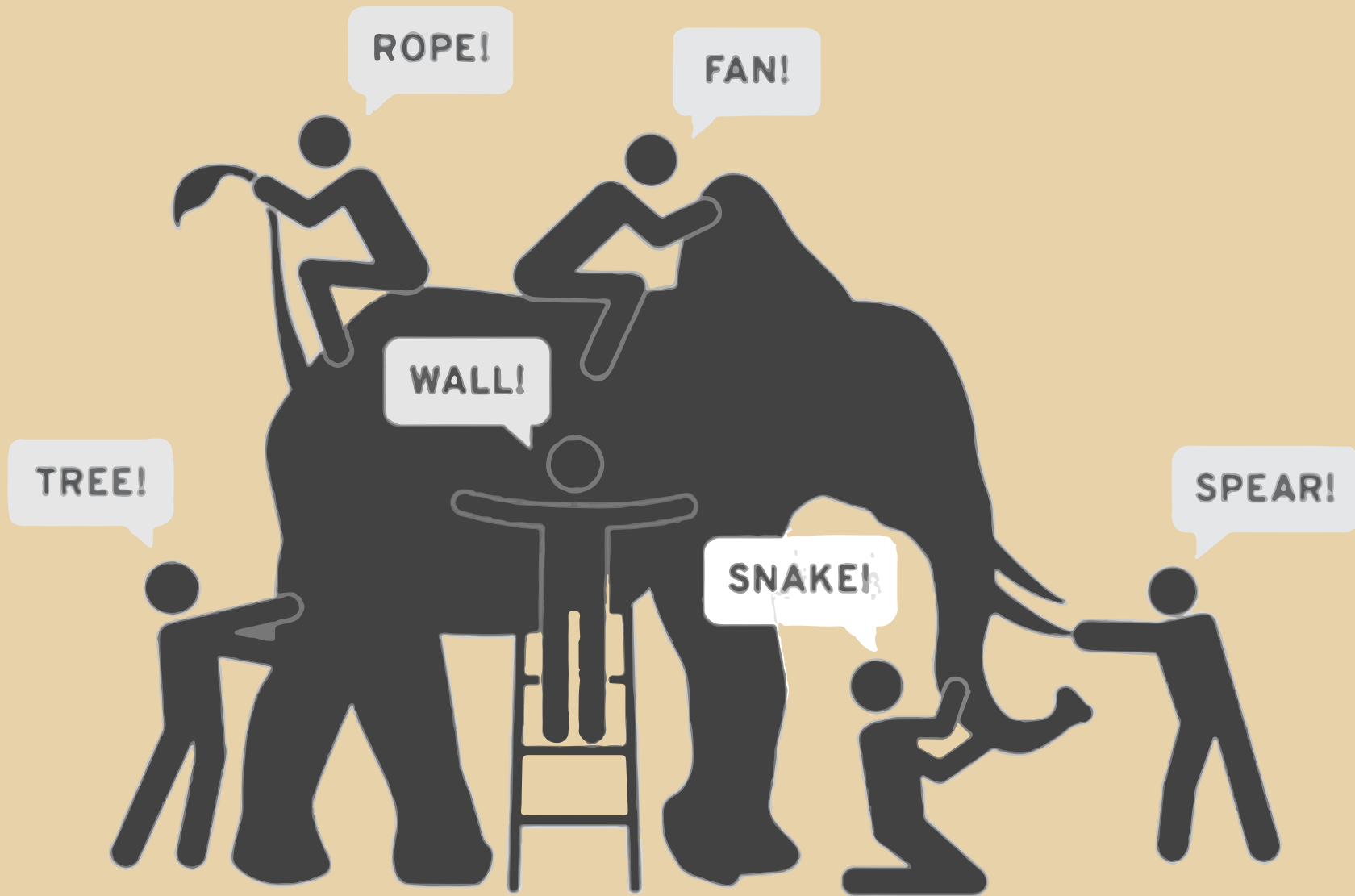
# Redefining Conflict

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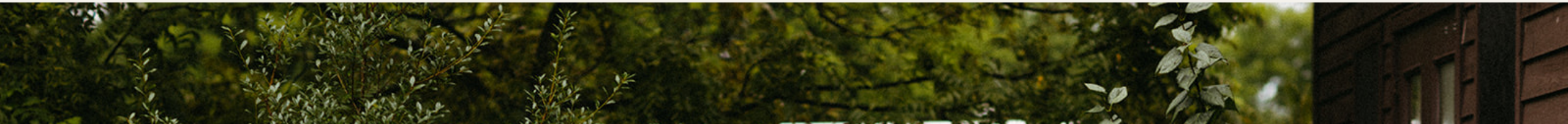








# Moving from Chaos to Connection







“Our gridlocked conflicts contain the potential for great intimacy between us. But we have to feel safe enough to pull our dreams out of the closet.”

— JOHN M. GOTTMAN



What causes conflict?



Different Boundaries

Different Values

Different Perspectives

Different Opinions

Different Attachment Styles

Different Conflict Styles

Different Processing Styles

Simply Being Human



If it's hysterical,  
it's historical.







How do we overcome conflict?



# The Rules of Engagement for Fighting Fair



- \* Stick to the issue.
- \* Don't fight to win.
- \* Use "I" statements.
- \* Make sure you hear one another.

# 3 Ways to Resolve Conflict:

\* Fight

\* Concede

\* Compromise





# The Importance of Self

Attunement



- \* Self-Understanding
- \* Increased Empathy
- \* Ability to Respond Intentionally





# Collaborative Resolution

1. Recognize the Problem is the Problem.  
(The Person is not the Problem.)
2. Explore possible resolutions to the Problem.  
(Without seeking to place blame.)
3. Create a mutually agreeable Solution.  
(And remember, it's a dance.)



“Conflict is intrinsic to **all relationships**. The presence of bickering or disagreements doesn't mean the relationship isn't good, or that it isn't worth it. Often, it's an alarm. **Your relationship needs attention**. Sometimes the best fight you can have is the **fight for each other**.”

— ESTHER PEREL

# Next Steps

## Digital



### **Establishing Boundaries**

In this digital class, we explore the building blocks of a healthy boundary, what kinds of boundaries are available to us, and how to truly make them work for us in every area of life.

# Programs

- \* **Living Centered Program** covers the fundamentals that keep so many of us stuck. Whether you are actively struggling, looking to expand self-awareness, or hoping to catalyze growth this program helps identify what might be getting in the way.
- \* **Healthy Love & Relationships** addresses core wounds that drive self-sabotaging behaviors that disrupt relationships. This program explores self-worth, attachment wounds and styles, conflict resolution, intimacy, and boundaries.







\* **The Experience** is curated specifically for those who have previously done an Onsite group workshop. Together we'll build upon the concepts you have learned, explore new topics, and dive deeper into a truer sense of self.

\* **Colorado Couples Equine** allows you to experience the transformative nature of these magnificent four-legged friends and teachers. Deepen your relationship with yourself and your partner with knowing and trusted four-legged friends as your guides. After long days out in nature, rejuvenate with delicious meals and boutique amenities at a beautiful ranch.



# \* Questions for the experts

Submit your questions through the chat pod.

