

# **Legendary Love. Module 3. Handling Disagreements.**

## **Lesson 15. Common Challenges.**

### **Common Challenges.**

Congratulations! You've learned much about communication styles and ways to communicate. Keep practicing what you've learned. When something is ingrained in you, you'll have ready access to it during stressful situations.

In this lesson, you'll revisit some potential challenges discussed in Module 1. Now, we'll talk about how to communicate with each other about it.

#### **The Power in Money**

Consider this: the one who has the most money, has the most power. You may not realize that, but it plays out in relationships whether you're married or not.

Some couples have challenges regarding money almost immediately. For others, the difficulty may not happen until much later, if at all.

#### **When One of You Doesn't Do What They Say They Will**

When one of you has gone against your agreement, it's important to sit down together and resolve the issue.

The one who violated the agreement may feel guilty and defensive. The other partner may feel violated and betrayed.

**Not talking about what happened can create resentments which carry over to other areas of your relationship.**

#### **Follow this process to discuss the issue:**

1. **Set a time to talk about the situation.** You both want to be as calm as possible.
2. **Ask questions.** Ask questions calmly and be in listening mode so the other can express themselves.
3. **Share feelings.** Each of you share your feelings about what happened.

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4. **What did you learn?** Share what each of you learned from the experience.
5. **Make a plan.** Develop a new agreement or renew your commitment to your old plan.
6. **Keep your word to each other.** If it happens again, you may need a third party to assist you.

### **When Life Gets Difficult for One of You**

The primary thing to remember is that needs change and situations change.

There will be times when one of you is under more stress than the other. These are situations which require greater sensitivity and flexibility. It's important to allow your agreements to change according to each of your needs and the needs of your relationship.

The need for space and privacy may expand. This can be difficult If you don't keep the channels of communication open.

### **Use these strategies to maintain open communication:**

1. **Have a daily 5 to 10-minute check-in time.** A short connection period allows you both to know, no matter what the stress, that you are important to each other.
  - This may be as simple as, "It's still horrible at work. I feel frustrated and angry." The response may be, "I'm concerned about you and want to do what I can to help. Please let me know."
  - Holding hands, a touch on the shoulder, or a hug will assist in a feeling of connectedness. **If the stress is due to an issue between the two of you, one of you may not want to touch.** Allow that space.
2. **The one who is stressed may want more or less touching and more or less space.**

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- Some people need more space when stressed. Others want closeness. **The person under the least stress will be the one to make allowances for the other person's needs.**

### **The Challenges of a Blended Family**

One of both of you may be bringing children into the family. Let's go over some very basic areas of communication in this situation.

If you both have children, you both know the demand upon your time, the emotional energy it takes, and the amazing love children bring into your life. If only one of you has children, the other may not be as aware of the depth of emotion and sacrifices involved.

If one of you doesn't have children, know that life has changed drastically and sometimes dramatically when instant parenthood has arrived. Let's look at some situations.

### **Be as clear as possible about boundaries and roles for step-parents and the children's other parent:**

1. **Who is the primary custodial parent and when are the children with you?**
  - If there is tension with the "other" parent, be clear about it. Sometimes the "other" parent will not be happy with a step-parent situation or a live-in partner.
2. **What is your role in discipline?** Are you allowed to set boundaries with your partner's children? Can they set boundaries with yours?
  - Children are amazing, but they can be manipulative. The parent needs to be clear with their children about respect and boundaries.
3. **What will be the responsibilities of the non-parent partner?** Be as honest as you can knowing that the situation can change, and emergencies do happen.

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### **Summary**

You have a wonderful life ahead of you. No matter how compatible you are, surprises will present themselves. Communication is the key to sorting through any issue.

If one or both of you bring children into the relationship, it's crucial to keep the lines of communication open. With children, you have complexities involving their feelings about their parent's partner as well as any issues with the other parent.

Relationships being what they are, someone will become angry at some point. Just as there are different communication styles, there are different ways of expressing anger. This is the topic of the next lesson.

Before you move on, please take a few minutes to reflect on the following questions.

### **Reflection**

1. What concerns you the most about communicating with your partner?
2. How are you and your partner similar and different about managing money?
3. If children are involved, what are your concerns and how will you address them with your partner?

**Remember to work through the Additional Resources. You will have noticed that some of the Additional Resources in this Course are Positive Affirmations.**

**Positive affirmations are designed to be read out or said aloud. By saying these positive words repeatedly, they are ingrained in your brain and eventually enable you to begin to think more positively about your life and your circumstances.**

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Positive thinking have a way of opening more positive opportunities for you, so take them seriously.

You can also print out any Posters that are included and Paste them on your board at home where you can see them. Create your own Positive Posters too. These will inspire you.