

7 SECRETS TO STOP NEVER-ENDING FIGHTS WITH YOUR ANGRY HUSBAND!

Next time you get in an argument with your spouse, know exactly what to say and do!



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Find Your Voice ❤️ Eradicating Abuse in Relationships One Woman At a Time ❤️ Reclaim your Power



“Things are Getting Out of Hand”

You’ve been there before. It starts out as a discussion. Then one of you makes a comment or asks a question that sets off a spark. Insults and accusations begin to fly and you find yourself in a full-blown argument that you can tell is...going...nowhere...fast.

Circular conversations, word salad, bringing up the past, blaming are all making you feel crazy and you can’t get any resolution on what you started talking about to begin with.

Do you keep at it, hoping to “win” (even when you know neither of you will come out a “winner”)?

Do you shut down, turn around, and walk out without a word or warning to your partner?

Give them the “Silent Treatment” or receive the “Silent Treatment”?

Most of us go straight into fight, flight, freeze or fawn mode and neither option is great in the long run when you’re in a relationship you want to preserve. Part of the reason for that is that there’s no class in school that teaches us how to navigate arguments or calm our emotions when it comes to managing relationship issues with someone we love.

That’s where “7 Secrets to Stop Never-Ending Fights” comes in.

In the pages that follow, you’ll learn what to say...and what NOT to say...so you can get out of the stop the never-ending fight and protect yourself from further abuse when “Things are getting out of hand.”

Secret #1: Take a Timeout

Objective:

The goal is to come back together with clear heads and be open to understanding each other. You also want to be able to calmly discuss your feelings under cooler circumstances.

Timing:

Set a specific time frame for when you will come back together, generally 30 minutes or more, so that it's part of a plan to reunite and work things out. You don't want to take a time out and then never talk about it again. When that happens, things never get resolved.

Don't Say...

"I'm done" and then walk away without being clear to say that you need to take a time out.

F*\$K You (or any other kind of cussing).

"You're impossible! I'm never going to talk to you again!"

"I want a divorce" or anything that makes it sound like you're done. Be clear that you need a break and that you intend to come back. Don't make it sound like it's the end of the relationship.

Do Say...

"I am requesting a time out. I feel we are not hearing each other. I'd like to discuss this when I am calmer."

If they keep going at you... "I am taking a time out right now. I'll check back in with you in 30 minutes." Then you have to walk away and separate yourself from the situation.

If they follow you, you need to get in your car and leave the house.



Guidelines/Best Practices:

- Set a specific time (1/2 hour or more) to check back in with each other to see if BOTH of you are at a calm place to discuss the problem. Don't ask permission for a time or get them to agree.
- Take as many time outs as needed until BOTH parties are ready to be calm and discuss but always set a time limit. In the case with an abusive spouse, this may never happen. You may not get to a resolution other than to stop discussing.
- Try to resolve before you go to bed if possible, if not, table until the next day and set a specific time to check in the next day to see if you are both calm and ready to work through the problem.
- Continue to take time outs until you both are at a calm place to discuss the problem.
- If you have asked for a time out and your partner continues yelling or raging, do not ask for a time out again, just walk away.
- If your partner does not respect the time out by calling you or knocking on the door or keeps begging you to talk and you feel he is not calm and/or you are not calm, continue the time out.

Secret #2: Avoid “You” Statements

Objective:

The goal is to avoid using language that is accusatory and aggravates them into defending themselves. Rather than escalate the situation, you want to decrease the intensity of emotion and conflict.

Timing:

Be aware, as much as possible, of what you are saying and how you sound. Speak using “I” from the start, if possible. When you catch yourself starting your sentences with “You,” acknowledge it and rephrase what you are saying.



Don't Say...

“You always...”

“You never...”

“Why can't you ever...”

Do Say...

“I feel...”

“I think...”

“I want...”

“When you _____, I feel/think/want _____.”

Guidelines/Best Practices:

- Anytime you're using “you,” your partner is going to feel accused or blamed and so will you when your partner is using “you”. Do your best to not take anything said after “you” personally.
- Remind yourself that there must be a good reason that they did what they did or said what they said. Not a “good” reason like it's right, but something that makes them think it was a *rational* and logical decision to make.
- When you think, “There is no good reason for that!” realize that something within them caused them to choose that. They are still responsible for their behavior. Be willing and open to exploring it, when they are ready to talk about it and when they are willing to take responsibility.
- Realize the possibility that you might be responding to an old pain that your partner triggered in you unintentionally and/or that your partner might be responding to an old pain that you triggered in your partner unintentionally.

Secret #3: Do not Tell you Partner how “They Feel” (according to you)

Objective:

Your goal is to understand how they feel rather than tell them how they feel. Assumptions about others' feelings discounts how they actually feel.



Timing:

Notice what you are saying to your partner as your words can be affirming or destructive.

Don't say...

“You feel...”

“You are too Sensitive...”

“You must feel so...”

“It seems like you're always feeling...”

Do Say...

“I hear you saying _____. It sounds like you feel _____.”

“I see you are upset. Can you tell me how you feel?”

“I was wondering if you'd like to share how you're feeling right now?”

Guidelines/Best Practices:

- You really don't know how the other person feels until they tell you. Ask questions and be curious and listen with an open heart wanting to understand your partner.
- When you ask questions, let them answer without you interrupting. Let them talk until they are finished and take in what they have shared before responding.
- If they don't want to share, say, “It is okay if you don't want to share right now. We can talk about it later when you are ready.” Ask your partner when they would like to touch base about their feelings, just like a time out from Secret #1.
- Sometimes people want to share, but they don't know how they feel. They can be so wrapped up in anger and the heat of the moment that they need time to sort through their emotions. Give them time and make a plan to regroup. (refer to Secret # 1).
- If you invite them to share and they become antagonistic and blaming, saying something like, “Oh I'll tell you how I feel!!!” consider taking a time out. Being ugly about sharing feelings is not productive.

Secret #4: Avoid Mentioning Past Conflicts, Mistakes, or Criticism

Objective:

You want to stay on task and work on resolving the current conflict. Stay on subject of the conflict at hand without muddying the waters. Do not bring up yesterday, last week, last month, last year, everything they do wrong according to you or any other similar problems.

Timing:

Ideally, set yourself up from the beginning to focus on resolving the current issue. If you find yourself wanting to bring up old hurts or mistakes, try to stop yourself mid-sentence if you can. Take a breath and go back to what the real problem is.

Don't Say...

"Oh, here we go again..."

"The last time you..."

"This is just like when you..."

"Do you remember when you..."



Do Say...

"Let's stick to the current problem..." (if your partner brings up past conflicts, etc.)

If you mess up and mention something from the past... "I'm sorry I brought that up. I know it has nothing to do with this."

"That has nothing to do with this. I don't want to talk about that right now. Let's plan to talk about that another time." (if your partner brings up past conflicts, etc.)

Guidelines/Best Practices:

- If you find past hurts coming to the surface, commit to yourself to work on that problem another day, either together or on your own.
- If there is any residual emotion that needs to be talked about, you need to set a time to talk about it on another day *as long as you are coming from a place of learning...not blaming.*
- Sometimes your partner might bring up past issues to intentionally muddy the water and distract from the current issue so they don't have to be accountable. Focusing on the issue at hand is in the best interest of your relationship because it will allow you to resolve the current issue for good.

Secret #5: Stop Defending, Explaining or Trying to Get Them to Understand You

Objective:

You want them to listen but they're not able to hear you right now because they are angry and upset. Defending and explaining only escalates the conflict. They don't want to hear you when they just want you to feel bad too. The goal is to deescalate the conflict by either getting them to talk about their feelings or getting to a point where you can take a time out and reconvene when you are both calm and able to listen.

Timing:

They're yelling at you. You're trying to explain yourself. But you can clearly see that nothing you say is going to make a difference. It's time to stop explaining and defending and to understand them.

Don't Say...

"If you would just listen to me..."

"You're not listening!"

"I'm trying to tell you what really happened..."

"I'm trying to explain..."



Do Say...

"I kind of understand what you're saying. Can you help me understand what you're feeling?"

"Can you tell me more about what you are feeling?"

"I'm sorry you're really upset. Can you tell me about how you feel so I can understand if I've done something to hurt you?"

Guidelines/Best Practices:

- Encourage them to get to a feeling space instead of just what they are thinking or believing by asking questions and being curious and wanting to connect so they feel heard.
- They are steadfast in what they are thinking. They are in their mind and logically persuaded that what they think is right. If you can get them into a feeling space where they can pay attention to what they are feeling, you can have a deeper, more meaningful conversation about what is really going on.
- You may need to take a time out and then when they are calm later, you can discuss what you have to say to them about this issue.

Secret #6: Stop Trying to Be Right and/or Win the Argument

Objective:

You are right and you cannot be persuaded any other way, and this may be true, but you want to keep the relationship whole during and after the conflict. The objective is to find a resolution where you both win and thereby the relationship wins and you both feel supported and loved. When your goal is to be right or win at all costs, not only will the conflict escalate, but the relationship loses and is left shattered. The cost of winning or being right is too high.

Timing:

You are both on the same team and while it is important to be heard and hear the other person, it is equally important to remember you are allies fighting for your relationship and learning to resolve things so you both win. When you notice you are needing to be right or win, remember you are allies.

Don't Say or have an attitude of ...

"I am right and there is no other way"

"You are wrong, I am right"

"You have no idea what you are talking about"

Do Say and have an attitude of ...

"I care about this relationship and you; I am willing to be open to seeing things in a different way"

"I am willing to learn how I might be contributing to this problem"

"You matter to me and so I want to know how you feel and what your needs are"



Guidelines/Best Practices:

- You are NOT Adversaries, you are Allies on the same team, fighting FOR the relationship.
- This is not a war, this is a conflict, and this conflict has arisen because something in the relationship is not working for one or both of you. Use this as a learning opportunity to not only learn about yourself but your partner as well and their needs and desires, grow together.
- If you can navigate this part well, and truly want what is in the highest good of each other and the relationship, you will learn how to problem solve in a way that leaves everyone whole, feeling loved and supported and you will create a deeper connection with each other and a way to continue resolving conflicts in the future that create emotional intimacy.

Secret #7: If Your Spouse/Partner is Yelling at You or Raging, Walk Away or Hang Up

Objective:

The only objective at this point is to end the conflict by removing yourself from the presence of your partner because they are out of control and staying in the conflict will only cause damage to you emotionally, at the very least. There is nothing you can say or do at this point as all communication has broken down.

Timing:

When you realize that your partner is not going to stop yelling or raging at you or calm down, and requesting a time out has not worked, this is the time to leave or hang up.



Don't Say ...

Anything mean or derogatory, in fact, it is best to say nothing at all.

Do Say ...

"I am leaving for now" and walk away without another word

"I am hanging up for now" and hang up without another word

Guidelines/Best Practices:

- Keep your peace. Leave/Hang-up after saying I am leaving / hanging up for now. Do not respond to anything he says.
- **Do not debate with your partner that you are leaving / hanging up, say it once and take action immediately.** We tend to make the mistake of wanting our partner to be okay with us taking a time out, we are not going to get it. Staying and arguing about taking a time out is not going to work, will only cause the conflict to escalate and make it harder for you to leave as you will stay in the conflict wanting your partners permission to take a time out. I know this is hard and scary but gather all the strength you have to get out of the Line of Fire.
- **Your partner will be mad that you have left or hung up.** Do not try to explain or get him to understand why you are leaving or hanging up, you need to get away from this type of uncontrollable anger and your partner knows full well he is out of control.
- **There is nothing you can say at this point that will make a difference or get your partner to listen.** Your partner is not willing to listen to you right now; Your partner just wants to spew out their upset and you are the verbal punching bag.
- **Your partners anger is not your issue.** This is your partners responsibility to sooth, not yours. Get away and take care of you and your feelings. Leave if you feel unsafe.
- **You will NOT setup a time to meet later at this point** as your partner most likely won't be able to agree to a plan.

- Once you are in control of your emotions and feel safe, and you feel your partner has calmed down completely, possibly as early as the next day, you may inquire with your partner to see if he is ready to work through the conflict calmly. I do not suggest more than one inquiry as checking could open the door to conflict.
- **If when you check with your partner, he is not ready to discuss calmly, then stay away** until your partner tells you he is calm and ready to discuss the problem and is willing to listen to you as well. After one check in, you have let your partner know you are ready to resolve the conflict, if your partner is not ready, it is your partners responsibility to get back with you after that.
- **Do not try to reconcile too soon in order to discuss things.** Your partner may at first seem willing to discuss but most likely your partner will escalate to yelling or raging quickly because they have not had enough time to process their emotions and take responsibility for them. Give your partner plenty of time to become rational. It may take days if they are raging.
- When you do come back together to discuss the issue, use the 6 Strategies you have learned above to open communication so you can work through the issue. If he yells or rages again, leave or hang up immediately.
- In extreme cases, your partner may follow you to continue fighting. If your partner follows you, leave the house immediately without another word. Do not expect your partner to stop at a closed or locked door, they probably won't. Never continue in a conflict when your Spouse/ Partner is in an aggressive mode either verbally or physically.



Tips:

- The first 6 Secrets are how you can take responsibility for your actions and show up in a more loving and caring way during a conflict.
- Conversely, if your partner is treating you in any one of these 7 ways and refuses to stop and/or to take responsibility, take a time out as you do not deserve to be treated that way either.
- If you are acting out Secret #7, do not be surprised if your partner walks away.
- I have used all 7 Secrets to de-escalate a conflict when needed and find they are a great way to stop the never-ending fights when things have gone awry because of either my behaviors, my partners behaviors or both of our behaviors.
- The 7 Secrets are a wonderful way to begin to learn about how you respond to conflict, how your partner responds to conflict and to understanding why your conflicts escalate.
- If after using these 7 Secrets, the conflicts do not stop or lessen in intensity or frequency, you may want to seek help in discovering what is keeping you and your partner from being able to resolve conflicts in a loving and caring manner.

THANK YOU for taking the time to read this Guide. This guide has given you some secrets for the next time you have a fight that is getting out of control. I know how hard it is to make changes in the midst of a fight or to notice when the misunderstanding is escalating. With these secrets in mind, you now have the power to change the way you respond so you can open the possibility of having fights that become problem solving conversations.

ARE YOU READY TO STOP FEELING CRAZY AND CONFUSED?

I'd love to gift you a **complimentary**
“STEP INTO SANITY” Breakthrough Session with me.

- Uncover any hidden blocks and challenges that keep you stuck, broken & alone, sabotaging you from **getting the love you deserve.**
- Discover the game changing next steps to **stop feeling crazy and start feeling sane** and feel like yourself again.
- Leave the session renewed, refreshed and inspired to create an amazing relationship **where you are cherished and loved!**



Schedule Your FREE “STEP INTO SANITY” Breakthrough Session Right NOW by clicking here.

JOIN MY FACEBOOK GROUP:

[BREAK FREE FROM TOXIC LOVE AND GET THE LOVE YOU DESERVE!](#)

My group is dedicated to courageous WOMEN who dare to be free from Toxic Relationships / Narcissistic Abuse and are wanting to Rock Healthy Relationships.

This group is for you if:

- You suspect you are in or have been in an unhealthy, toxic, abusive and/or narcissistic relationship(s).
- You know you are in an unhealthy, toxic, abusive and/or narcissistic relationship(s) and are suffering.
- You have been in unhealthy, toxic, abusive and/or narcissistic relationship(s) and are still suffering.
- You are committed to pursuing a healthy relationship(s) with yourself and others.
- You are willing to say goodbye to abuse in your relationship(s).
- You are open to explore why you feel stuck where you are.
- You are ready to shift what is holding you back from being free of toxicity and abuse.

I will share ideas to inspire and help you to recover from the trauma of unhealthy relationships and to heal your relationship or know it is time to compassionately let it go and not repeat the same relationship.

I am excited for you to be part of my group and to heal into loving relationships!

[Join today to start healing and getting answers!](#)

WARNING:

IF YOU EXPERIENCE ANY TYPE OF PHYSICAL ABUSE OR THREAT THEREOF, LEAVE IMMEDIATELY IF YOU CAN, SEEK HELP AND CALL 911.

DISCLAIMER

These 15 TIPS are not the only tips for self-care. They are educational in nature and are intended to be helpful in redirecting your thoughts and actions to help you lead a more positive life. These tips are not meant to remedy any emotional, mental or physical disorders, health or problems. If these tips do not help you, seek medical attention from your doctor, therapist, counselor or psychiatrist right away