A RELATIONSHIP RESET GUIDE

Stop Having the Same Damn Fight

It's never really about what you're fighting about. Here's how to figure out what's actually happening — and how to change your part in it.

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SOUND FAMILIAR?

You don't even remember what you were fighting about.

But you knew exactly how it was going to go before it started.

Maybe it was money. Maybe it was his mom. Maybe it was, once again, the dishes.

Doesn't matter — because a few minutes in, it stops being about that thing at all. And whatever happens next, it's the same thing that happened last time.

One of you gets defensive. Maybe both of you.

Somebody gets louder.

Somebody goes quiet and shuts all the way down.

Somebody walks out of the room.

Old stuff gets dragged in that has nothing to do with tonight.

And at the end? You're both upset, nothing got solved, and neither of you can actually retrace how you got there.

So the next time something comes up, you think: *why even bring it up.*
That right there — that's the part worth paying attention to.

WHAT'S ACTUALLY GOING ON

It's not the topic. It's the pattern.

Couples come into my office all the time and can't tell me what the fight was about. But they can describe *exactly* how it went, because it goes that way every single time.

That's not a communication problem. That's a pattern — a set of moves you've both gotten really, really good at running. You know your part. He knows his. You both show up already holding your rebuttal.

Patterns look different in every marriage. One of you pushes while the other pulls back. Or you both avoid it entirely and hope it goes away. Or one criticizes while the other defends. Or you both escalate until somebody says something they regret. Or one of you tries to fix it while the other just wanted to be heard.

A pattern is simply a habit that's been created. It doesn't say anything about you or your partner.

You're not bad at this. He's not a lost cause. You've just built a habit together — and the good news is, patterns can change. People are a lot harder.

But you can't interrupt a pattern you can't see. So let's find yours.

FIND YOUR PATTERN

Think about your last disagreement.

Not the worst one. The most recent one. Then answer honestly — nobody's grading this.

When it starts to go sideways, what usually happens? Check all that apply.

- [ ] One of us pushes for resolution while the other pulls away or asks for space
- [ ] We both avoid it and hope it goes away on its own
- [ ] One of us points out the problem while the other explains or defends
- [ ] We both get louder and old grievances start coming up
- [ ] One of us jumps to solutions while the other just wants to feel heard
- [ ] One of us has quietly taken on more and more, and resents it

What role do I usually fall into?

How does he usually respond to that?

How does my response shape his — and his, mine?

If I changed my response, what might happen differently next time?

THE SHIFT

Stay in it. Just participate differently.

To be clear: I'm not telling you to be nicer, softer, or to let it go. Conflict isn't the problem. *Avoiding* conflict is how you end up as roommates.

The goal is to stay in the disagreement — and change how you show up inside it. Four moves that do exactly that:

1. Set the intention before you start.

Most defensiveness isn't about your words — it's about him not knowing what you're going for. Tell him up front.

> *"I want to bring something up. I'm not trying to start a fight — I just want us to figure this out."*

2. Be assertive, not agreeable.

Say the actual thing. Directly, and without apologizing for having a need. "I'd like us to split the school stuff" beats twelve hints and a sigh.

3. Stay on the topic you started with.

The second a fight becomes about the last four fights, it's unwinnable. If old stuff surfaces, name it and park it: *"That's a real thing, and I want to talk about it — just not in the middle of this one."*

4. Make him tell you what he heard.

Half of these fights are two people arguing with something the other never actually said.

> *"What did you hear me say just now? I want to make sure that's what I meant."*

None of these require him to change first. They just stop you from running your usual half of the pattern — which is the only half you actually control.

ONE LAST THING

You didn't marry him to end up here.

This isn't a five-alarm fire. Nobody's marriage ends over one fight about a credit card bill.

But "why even bring it up" is how it starts. It's more dull toothache than burning house — easy to ignore today, and the day after that. Until one day you look up and wonder when you became two people who just… run a household together.

You married him because you believed this was the best decision for your life — that you were building something with this person. That's still available to you. Not through a giant overhaul. Through small changes in how you participate, like the ones in this guide.

Inside **Relationship Reset**, I teach the **5 Cs** — the method for interrupting whichever pattern you just identified, for good, and not just for one conversation.



A LITTLE ABOUT ME

Hey, I'm Elizabeth.

I actually love being married — my husband is my best friend. We do the normal stuff every couple does: disagree, get frustrated, argue sometimes. But for us, it's few and far between.

After I divorced my first husband, I still believed in love, marriage, friendship — all of it. I just knew I was never going to do it the way I did the first time.

I don't engage in this relationship the same way at all. And I didn't do that work *with* him — I did it before I even knew if he'd meet me there.

Here's the thing: this isn't about being the one who's "supposed" to fix it, or accommodating more, or deciding you're the problem. It's that you're the one who can actually see it. You've got the emotional attunement to notice something's off, and no ego standing in the way of doing something about it. So why the hell not?

Because here's what actually happens when you change how you show up: either he meets you there — great, that's the marriage getting better — or he doesn't, and now you know something true about who you're actually married to. Either way, you stop guessing.

That's what this is. Not a couples program. Not two people doing homework together. Just you, changing how you show up, and finding out what's actually possible.

Keep an eye on your inbox — a few more free tools are coming. No fluff, and nothing that requires your husband to be on board.