



## **Compassionate Conflict for Couples: A Brand New E-Course Giving You The Exact Steps You Need To Resolve Conflict Effectively, Calmly and Lovingly, Without Arguing!**



Complete this course over 4 modules in the comfort of your own home, and go from hurt, frustration and blame, to finally resolving conflict compassionately, positively, and feeling heard - without feeling like you have both lost a battle.

Pay in one up-front payment of just £30, and receive instant access to everything over video, recording, download worksheets and exercises.

<https://woodbridgetherapycourses.thinkific.com/courses/compassionate-conflict-for-couples>

The Number One issue that couples come to us with, is the inability to resolve conflict effectively. All too often, they complain that they simply cannot tackle disagreement without things escalating quickly without things escalating quickly into a blazing row, with both of them going in to “attack” and “defence” mode.

### **Does this sound familiar?**

- You try to have balanced discussions with your partner, only to come away feeling wounded.
- You feel frustrated that you can't get your point across as well as you would like.
- You are both fed up with not being heard.
- You have tried over and over again to resolve this by yourselves but feel like you are getting nowhere and in need of guidance from a qualified therapist.



We have helped hundreds of couples in this situation, helping them to deal with these exact issues all the time, day-in, day-out.

## This course is perfect for you if:-

- You want to break the cycle of negative communication
- You have a genuine desire to make positive changes in your relationship
- You are willing to listen to your partner as much as they are willing to listen to you
- You are committed to putting in the work necessary to create harmony in your relationship

## What's included?

### **Module 1 - Understanding Triggers**

You will understand:-

- How to recognise what triggers you into feeling upset or angry.
- How to recognise what triggers your partner into feeling upset or angry.
- How to understand and take responsibility for your own emotions.
- Understanding your relationship conflict patterns
- How to work out exactly what you both want to be different

### **Module 2 - Why Things Escalate**

You will learn:-

- What happens in your body when you become emotionally aroused.
- Why this means you can't think straight or communicate clearly during an argument
- Why it is impossible for you and your partner to listen to each other when you are both emotionally aroused
- Why you go into "black and white" thinking and each think that you are right and your partner is wrong

### **Module 3 - How To De-escalate**

You will know:-

- How to prevent an argument
- Specific techniques to lower emotional arousal and therefore think more clearly
- How to create a contingency plan for your relationship
- How to stop an argument once it has started without either of you "storming out" or shutting the other one down

## Module 4 - Effective Communication

You will gain:-

- The exact tools and techniques needed to deliver your message kindly and without negativity, whilst still getting your message across.
- How to be honest with your partner about your feelings, without them feeling attacked
- How to listen to each other without interrupting or becoming defensive
- The key principles of effective and positive communication

Purchasing this course online also means that you can keep these skills for life, and repeat the course whenever you need to.

**This course is NOT for you if:-**

- You aren't BOTH committed to making positive changes in your relationship
- You aren't BOTH prepared to put the time in
- You aren't BOTH prepared to take responsibility for your part in conflict



As relationship therapists, we have spent hundreds of hours with couples over the years, helping them to gain the confidence to deal with conflict so effectively that they no longer even view conflict as a bad thing, rather, an opportunity for growth.

Some couples of course decide to continue going it alone, not seeking the help they need to resolve conflict effectively, repeating the same patterns over and over again and feeling hurt, confused and resentful. However, most couples who do decide to seek the help of a relationship therapist to guide them through these challenges, often come out stronger as a result.

Pay in one up-front payment of just £30, and receive instant access to everything over video, recording, download worksheets and exercises.

All you have to do is to click on the link below and go from fear of conflict to calm and confident in just 4 modules.

<https://woodbridgetherapycourses.thinkific.com/courses/compassionate-conflict-for-couples>