

Our Fights

There isn't a couple in the world that doesn't eventually fight at some time for some reason. Some people say they don't fight, but we need to realise that there are so many different styles of fighting. There's the shouting, slamming doors (or worse) kind at one end of the spectrum, and then there's the silent treatment and the very-nice-on-the-surface-but-deadly-underneath style at the other end.

If we don't recognise there is a fight going on, then the relationship is probably very dead and distant. In our fear of overt fighting, we have withdrawn from one another. The fight has gone underground.

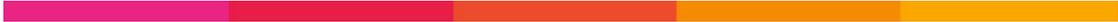
Even in a healing and transformational relationship, there is usually at least one subject that will always trigger a fight, whether that's sex, money or seemingly unacceptable habits. In a relationship where people are taking no responsibility and are not on some kind of growth path, then sooner or later an issue will come up which will start to polarise the relationship.

Often we can live for years with this polarisation, but every relationship is either getting better or getting worse. It's not possible to have a neutral relationship, just as it's not possible to have a neutral life. We are either heading in a positive, growth direction with increasing levels of intimacy, or we are heading in a negative, shrinking direction with increasing levels of distance.

As with wars, no one ever starts a fight thinking they are going to lose. But the sad thing with any fight is that everyone loses in the end.

Jeff says *"Some years ago I was giving one of my first workshops in the north of England, and a lady attending described how she was in this huge fight with her husband and her family. I spoke with her about this power struggle and talked of how our relationships seldom stay static, especially in the control stage; they are either getting better or getting worse. Hers was getting worse and she was being right about her side of the fight, so right that she left the workshop without changing her attitude."*





I returned some months later and she came to the workshop late. She apologised for being late saying she had come from the divorce courts where she had been fighting for the custody of her children. She had already lost everything else, her well-salaried job, her house, her marriage, everything - and now she had just lost custody of her children. It was a high price to pay for being right. Her life had gone from being abundant, from living in the garden to living on the battlefield in just a few months. Our power struggles and attempts to control others lead inevitably to scarcity, maybe not as fast as for this woman, but an experience of scarcity in any area is a conscious reflection of a subconscious power struggle."

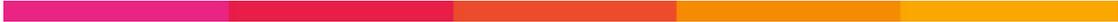
Sooner or later, as we move closer to another person, some painful repressed issue from the past comes up to be healed. In fact, our partner has the same issue and in the fight this issue is being kicked backwards and forwards, with neither person willing to give ground, be wrong, or be willing to heal and change. As with the woman in the example, we can feel willing to fight to the end and lose everything rather than heal and grow.

So what do we do? One helpful way is to understand that only 2% of what is happening is to do with the present, and the rest is to do with the past, before we ever met our partner. This is old pain and we have not learned the lesson of how to deal with it.

In a relationship as in life we often have the choice of being right or being happy, being in control or being in love. We can't have both! We are not right about the way things are, true we might be right about some aspect of what is going on but we are seldom if ever right about the whole thing. If we insist on being right then we will fight which will always lead to some form of scarcity. Also if we insist on being right then we stop learning and when we stop learning our lives stop.

Today take a few moments and consider any fight that you are in and recognise the price of your attitude. Do you want to continue being right or do you want to learn? Consider how so many of us crave for peace in the world but are unable or unwilling to learn the lessons to live in peace with a partner. Today let's commit to learning the lessons that will end the fights. If we make the choice for healing then we will win back our confidence, maturity and wisdom and become an inspiration to those around us that they too can live without conflict. If so then let's take the first step.

Are we willing to give up being right, are we willing to surrender our position, and move towards our partner? Are we willing to make this relationship more important than being right?



We are not right about the things we think we are right about. Any conflict we are in, in our world, is just a reflection of an internal conflict. Let's have the courage to recognise that and learn the answer is never to have one side right and the other side wrong but an integration of both sides.

If we authentically give up our position and move towards our partner, they will authentically give up their position and move towards us. This will allow a resolution that will result in peace breaking out.

with love Sue and Jeff