

TAG Team PODCAST.

<p>Podcast Title:</p> <p>Conflict</p>	<p>Date:</p>
<p>Key Takeaway:</p> <p>What is conflict and how do we navigate through it so we can connect?</p>	
<p>How do you tend to handle conflict? Avoidance, Vacillate, controller, victim, People-pleasing. How can these tendencies be frustrating for your spouse?</p>	<p>How do we want to be approached by your spouse when they feel like there is an open loop? (Do we talk now or set up a time to talk?)</p>
<p>Personally think about an open loop of conflict that you need to work on closing? (Refer to #2 of how you can communicate this to your spouse. Go through the steps of Closing the Loop and see resources.) Make sure both spouses have a chance to "Close the Loop" on their personal conflicts.</p>	