

5 TIPS AND TECHNIQUES FOR FIGHTING FOR LOVE

1. Stay present and avoid survival strategies
2. Gift your partner the feeling of being understood by:
 - a) Validating the logic behind their experience
 - b) Empathizing with their feelings
3. Assume a misunderstanding
4. Hunt down the positive intention behind the upset
5. Discover your partner's hidden fear and reassure them that it will not come true