

Welcome to **Love is Messy**: the 7-Day Relationship Challenge!

Today, you're going to learn about the 15 most common fights that couples have, and how your fights are probably not as uncommon as you think...

### **15 FIGHTS THAT MAKE AND BREAK RELATIONSHIPS**

1. The Blame Game
2. The Up and Down Toilet Seat Fight
3. Dueling over Dollars
4. The Hidden Middle Finger
5. Sexual Dissatisfaction
6. If You Really Loved Me, You'd...
7. I Can't Stand the Way You...
8. You Love \_\_\_\_\_, More Than Me.
9. Family Feuds
10. Told-You-So's
11. You Always \_\_\_\_\_, You Never \_\_\_\_\_
12. Deception Perceptions
13. You're Just Like Your Mother/Father
14. You've Changed/ You Won't Change
15. You Embarrassed Me

Couples argue about the surface issues, but the underlying issues are what need to be addressed. To understand the right way to fight, it helps to think about common fight types. By categorizing relationship battles, we can help put you in the middle of a recognizable conflict.

### **UNDERSTANDING THE RIGHT WAY TO FIGHT**

1. Download the "15 Common Fights" eBook and read through the descriptions of the fifteen most common arguments that couples have.
2. Make a list of all the fights that you engage in with your spouse or partner most frequently. Think of specific examples of fights that pop-up the most in your mind and include the examples in your list.
3. Share your list with your partner and identify which fights happen most frequently.

Good luck with the assignment, and don't forget – it's not about lost chemistry, it's about having more productive fights that lead you to happier and healthier relationships!