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High Conflict Couples: Help and Hope

“With enough practice, conflict can be transformed into closeness and couples can achieve the closeness, friendship, intimacy, peace and support that bring us joy and reduce our suffering.” Dr. Alan Fruzzetti

Dr. Alan Fruzzetti has authored a book that can help a lot of couples whose ongoing fights may have led them to feel deep despair that they could ever have times of serenity, warmth and love.

Dr. Fruzzetti’s shared clinical experience and insight in The High Conflict Couple provides not only information to help ‘high conflict couples’ better understand their destructive patterns, he also provides guided ‘practices’ to support couples in changing and integrating new ways to communicate: not making things worse, really being together, how to validate one another, reactivating your relationship, turning conflict into closeness.

In the opening chapter, Dr. Fruzzetti asks the questions that he has probably heard hundreds of disheartened couples ask in thousands of hours of therapy [these are the questions his book addresses]:

1. Why is it we sometimes say the nastiest things to the person we love the most?
2. How is it that seemingly simple negotiations sometimes end up with partners screaming at each other?
3. How do we end up “snapping” and acting in ways we swore we would never do again?
4. What makes people who really love each other sometimes get anxious when approaching each other?
5. What leads us to avoid talking about important matters?
6. How can we stop patterns of destructive conflict, and instead develop skills to manage our negative and destructive urges?
7. How can we learn to talk and listen in ways that lead to understanding and closeness?

The High Conflict Couple will be available in November-December at local and internet bookstores.

“New Skills for Living”, KOLOTV, CH 8, Sunday, November 26, [check time, www.kolotv.com , search “program guide”]. Dr. Fruzzetti will address how ‘high conflict couples’ can develop skills that transform conflict into love, intimacy, and support.