

Pre-fighting in a relationship to prevent the big fight

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Interesting article by relationship author Sharyn Wolf on fighting in a relationship suggesting that if you are stuck in a pattern of "always" fighting with your partner in a particular situation then get the fight out of the way beforehand. I would add the idea of doing the pre-fight in gibberish too to avoid hitting more triggers on the way.

<http://www.amazon.com/gp/blog/post/PLNKFX8HKN6Y0CTQ>