



IT'S NEVER ABOUT AVRIL LAVIGNE

All I wanted to do was go to a nice dinner with my wife and enjoy an Avril Lavigne concert. I seriously debated changing the artist's details to bands like Boston, Pearl Jam, Metallica, just anyone other than Avril Lavigne. But I didn't want to lose authenticity points and trust, hopefully, my admission will give me points!

We were eating dinner before the concert. I brought up a session I just attended by my favorite author, I will keep his name anonymous because of what I am about to share.

Before I go on, every couple goes through conflict and feels disconnected. You must understand this reality. No relationship is perfect, no couple is just right for each other, including my own. I may be the expert, but I'm not perfect either. I was on a date night, and things got turned upside-down quickly!



YOU KNOW, IT'S FUNNY...

I made an offhanded comment, "It's funny his writing is genius, but his voice sounds like a cross between Elmer Fudd and the annoying ex-girlfriend of Chandler on Friends... Remember the one with the horrible laugh?" Of course I did not stop there, "And he looked nerdy. The way he dressed was straight out of the '70s."

I was trying to be funny and never intended to be disrespectful. This particular author is one of my greatest heroes, one I have the utmost respect for and have read everything he has written.

Amy saw it differently and took up an offense for him pushing back with a dig,

"Well you're one to talk about imperfection, it's not like you're perfect. You have things about you that could be seen as horrible or nerdy too. You aren't a good judge..."

And we were off to the races! Does this sound familiar? You are out trying to have a good time and one of you makes a poor comment and the other one responds with an equally poor reaction. All of a sudden, you are both out-of-your-minds angry and the date night is ruined.

Amy made a move to repair her part of the damage, but before she got a word out, I shot from my seat and announced, "Enjoy the concert alone!" I was almost as mature as the tweens attending the concert! The next two hours were spent pouting in the driver's seat of my car.

Conflict is necessary if you desire intimacy in your relationship. It is understanding the WHY of conflict that matters. Asking yourself, "What button got pushed? Why did that bother me so much?" will get you to the marriage you want.

It's never about Avril Lavigne. It's about buttons, which are feelings like:

- feeling rejected
- feeling disconnected
- feeling controlled
- feeling like a failure

The next two lessons will show how your reactions are the true problem, not your opinions, facts, or circumstances.

