



# **The Conflict Pattern Revealed: See The Pattern, Stop The Fight, And Have Happier Relationships Now**

*Faith Deeter MFT*

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Have you ever had an argument where you began talking about one thing and ended up fighting about something completely different? Do you find yourself arguing about the same things over and over again? Do you tend to have your worst fights with the people you care about the most? If so, you may be experiencing the conflict pattern I call, "The Gauntlet." Conflict is about change and arguments follow patterns. Whether interacting with your spouse, your kids, your boss or your friends, this conflict pattern is the most widely used, destructive dynamic in everyday relationships. Once you can see it, you can change it. The Conflict Pattern Revealed will help you recognize and change the hidden pattern in conflict so that you, and those closest to you, will have happier relationships.

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