

Accepting Influence

Pride only breeds quarrels, but wisdom is found in those who take advice. Prov 13:10

Spouses let their partner influence their decision making by taking their opinions and feelings into account.

Escalation of negativity:

- Is part of a process of REJECTING a partner's influence (ie, people escalate beyond their partner's complaints as a way to shut them down).
- Becomes a way to shut down a partner and a conversation.

Accepting Influence looks like:

- **Actively seeking a common ground for agreement.**
- **Standing on what you cannot yield, but**
- **Yielding on other aspects of a problem.**
- **Give and Take.**
- **Reasonableness.**
- **Compromise.**
- **Can we get to "YES"?**

Couples who don't accept influence:

- Make it hard to avoid power struggles when they discuss problems and may block them from coming to compromise or reaching agreements.
- Style of discussing conflict usually creates a **win/lose** scenario to solving problems where one partner resentfully gives in, rather than the two of them working towards a win/win solution.

Additional Information on Acceptance:

Research shows:

- Important issues related to happiness in relationships are the perception of fairness and emotional responsiveness to one another.
- Acceptance AND change are important. The most serious problem in relationships occurs when people don't feel **ACCEPTED** for who they are. (Christensen and Jacobson)

Acceptance - Accept that relational problems are inevitable and learn to accept them (like your bad knee-you learn to deal with it). Masters of relationships keep trying to make things better all the time, learning to live with these problems and manage their world so as to minimize them. There are no perfect relationships; we learn to accept our "friends" as they are, grateful for what they do offer us, and accepting of their limitations.