



Resolve Relationship Conflicts with Crush Negative Beliefs Technique

Conflicts within a relationship is always a source of pain, worry and anguish often leaving us bruised, tender and unsure of our abilities to sustain positive, fulfilling relationships with those around us.

When the initial disagreement has died down and the ability to look at the event more objectively returns, it's very useful to stand back and reflect on what caused the clash. It is brave to look first to ourselves as the initial cause of the conflict and consider that our own negative beliefs or our own delicate self-esteem may have been a contributing factor.

It is natural as a human being to defend ourselves when attacked, or when we perceive we are being attacked. However, is it our own negative beliefs that are driving our behaviour and restricting our ability to handle conflicts with a rational and balanced response?

For example, conflict in the workplace may be fuelled by an individual's negative belief system kicking in with doubts of not being capable of performing their duties adequately, with a fear of being found out and ridiculed or possible dismissal, causing any efforts from colleagues or managers to assist them being met with rejection. Resentment may then follow in line with this negative belief. Sometimes making the individual feel their colleagues and managers think they are inadequate, stupid, unintelligent the negative spiral can become endless. This unhelpful negative belief in turn affects all their future interactions, namely teamwork and morale. Conclusively the genuine offers of help and assistance from colleagues disappear.

In romantic partnerships, low self-esteem and negative beliefs such as being unworthy of love and affection can cause feelings of jealousy, neediness and distrust spiralling into endless emotional turmoil leading to conflicts. Sadly despite others kindly and sometimes frantic attempts to reassure and cultivate positive beliefs.

Coaching is a powerful resource available to individuals working on strong negative beliefs which cause conflict. Raising awareness of the strength of negative beliefs, their source and the effect they have on our behaviour is imperative before they can be acknowledged, understood and addressed in order to build new empowering beliefs, which in turn lead to fulfilling and rewarding relationships.

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