

## **Peer Counseling Pause with Reova Meredith**

### **Couples in Conflict**

**Some factors to watch for:**

- 1. Imbalance of power and control in the relationship**
- 2. Consistent lack of sharing feelings, actions, or relationship**
- 3. A pattern of dismissive and invalidating responses**
- 4. Attacking a person rather than solving a problem**
- 5. Lack of freedom to speak up, have an opinion that is different, disagree, or make choices on own**
- 6. Blame-shifting, minimizing, and lack of responsibility for wrongs committed in the marriage**
- 7. Consistent indifference to the partner's needs, feelings, desires, and thoughts**

*From: Leslie Vernick*