

## Dr. Wyatt Show Podcast

### Episode #254 Stop Bickering. It's Killing Your Relationship.

1-What are the underlying issues that's fueling the bickering in your marriage?

2-What negative impact is bickering having on your relationship?

3-Practice the mini reunite tool after every argument.

Partner A: Describe everything that you experienced in the argument, what you felt, and what core need it tapped into without saying "you, always, never."

Partner B: Respond by summarizing their experience, owning whatever you did that made it worse, empathizing with how your behavior made them feel, apologizing for how your behavior made them feel, then suggest adjustments you can make moving forward.

When you're finished, switch roles and do it again.

4-Start filling up your love buckets! [Read this article to learn more.](#)