

## **BLOBBO VS THE KILLER TOAD... ENDING THE CYCLE OF CONFLICT**

Have you ever wondered why that “perfect couple” split up? I mean, they were so in love!...a match made in heaven!...soulmates!

Without a working knowledge of relationship dynamics, the honeymoon usually comes to a screeching halt. Love and respect turn into fear and condemnation, and they enter into a cycle of conflict. Later, she wonders what evil spell turned her white knight into Blobbo the Repulsive. And he can't figure out who turned his fairy princess into Godzilla the Killer Toad.

We've seen it in our own lives. Innocent comments escalate into World War III. Being with our partner is as much fun as digging up land mines. And almost as painful. The experience of love, which initially drew us together, is totally destroyed. A few years of torture, and it's time for Divorce Court. Or worse, we stay miserable together, until the kids are grown (like that's really doing them a favor).

This may sound like a bizarre question, but what if there's another alternative? What if there's something we can do that would end the cycle of conflict, something that could restore the peace?

There is. You have the power to heal any painful relationship. You may not have the power to change another person, but you have the power to change how you relate to that person. Here's how:

- Refuse to play the put-down game. Quit attacking. Quit taking revenge. It takes two to play tennis, only one to stop.
- Take your attention off the other person, and focus on the one person you have some control over, yourself. Look to see what you might be doing that keeps the relationship stuck. Consider this; anytime a relationship isn't working for you, it's because you are resisting some quality in that person. You are sending the message, “You are not OK the way you are.” The other person gets this message from you, loud and clear, then they begin resisting you right back. The more you resist them, the more they resist you. You enter into a cycle of conflict.

- To end the cycle of conflict, give up your demand that they change. Aren't they exactly the way they are, whether you like it or not? Has your resisting them done any good? Give them permission to be the way they are. You don't necessarily have to stay with them. And you don't have to give up your personal boundaries; you can still say "no" when you need to.

There is beauty in every human being, even Blobbo and Killer Toad. You may have to search to find it, but it's there. What destroys intimacy is judgment. What creates intimacy is unconditional acceptance and deep appreciation. See the beauty in your partner, then tell them...authentically, from your heart. Over time, you might just restore mutual respect in the relationship.

For some people, these ideas represent an entirely different way of relating. Different, yes... impossible, no! In the words of Henry David Thoreau, "If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

**To purchase the entire book  
'Outrageously Fulfilling Relationships'**

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