

007 Understand his communication habits during conflict

We all handle relationship **conflicts** differently. Some people have been **brought up** to **confront** relationship issues **boldly** while others were trained to just bury their feelings or **blow up** the relationship **entirely**. You and your man's communication habits for resolving conflict will **determine** how effective you will be at dealing with your disagreements. If he's a quiet, **stoic** thinker and you're a quick-to-act, emotional **live-wire**, you're going to have some challenges. I believe that it's healthier to **get things out in the open** to resolve your issues as best as possible, but even I know that this isn't as easy as it sounds.

If you can first accept your man's communication habits the reality of how he is you can be more understanding with him as he tries to understand you. Trying to change a man's way of handling relationship conflicts during a relationship conflict is both **impractical** and impossible. These are actually two separate issues. It's one thing if he never remembers your **anniversary** or birthday, but it's another thing if he completely mishandles your emotional **discontentment**.

一、单词&词组预习

conflict ['kɒnflɪkt] n. 冲突, 矛盾

confront [kən'frʌnt] vt. 面对; 遭遇

boldly ['bəʊldli] adv. 冒失地

entirely [ɪn'taɪəli] adv. 完全地, 彻底地

determine [dɪ'tɜːmɪn] vt. 决定, 确定

stoic ['stɔɪk] adj. 坚忍的

live-wire [laɪv 'waɪə] 活跃的人; 生龙活虎的人

impractical [ɪm'præktɪkl] adj. 不切实际的, 不现实的

anniversary [ˌænɪ'vɜːrsəri] n. 周年纪念日

discontentment [ˌdɪskən'tetmənt] n. 不平, 不满

bring up [brɪŋ ʌp] 抚养长大, 养育; 教育

blow up 摧毁; 爆炸

get things out in the open 将事情公开

二、单词&词组详解

1.conflict ['kɒnflɪkt] n. 冲突, 矛盾

记忆: conflict=con (=come 共同) +flict (=flick 弹) →大家一起弹→

冲突

释义: a situation in which people, groups or countries are involved in a serious disagreement or argument



Adolescence can be a time of conflict and rebellion.

青春期可能是一个冲突和反叛的时期。

2.confront [kən'frʌnt] vt. 面对；遭遇

记忆：confront=con（强调）+front（前面）→面对

释义：to appear and need to be dealt with by sb

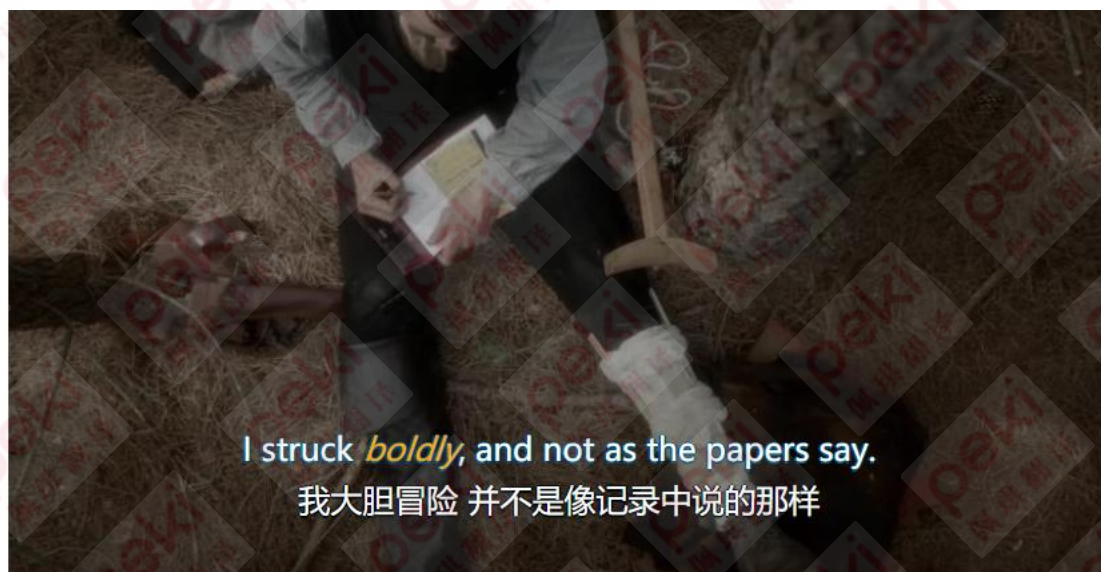


Can't imagine 【they'll need much prompting 【when we confront them】】.

真想不到面对他们还要说这么鼓舞的话。

3. boldly ['bəʊldli] adv. 冒失地； 冒险地

释义： in a brave and confident way, without showing any fear



I struck boldly, and not as the papers say.

我大胆冒险，并不是像记录中说的那样。

4. entirely [In'taɪəli] adv. 完全地，彻底地

释义： in every way possible; completely



I understand 【things didn't go entirely to plan today】.

我知道今天事情没有完全按计划进行。

5.determine [dɪ'tɜːmɪn] vt. 决定，确定

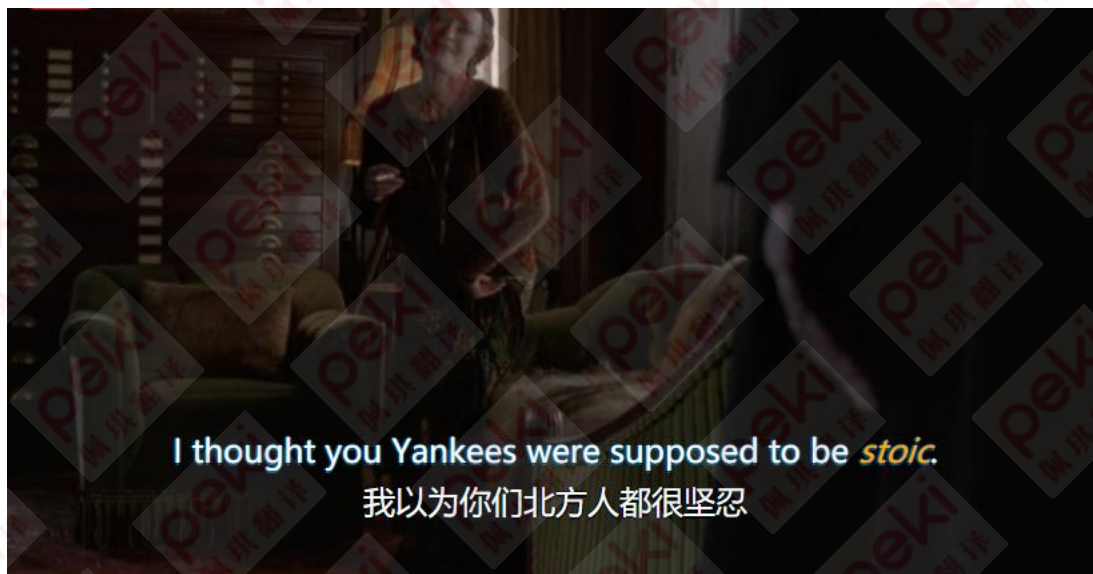
释义: to make sth happen in a particular way or be of a particular type

Age and experience will be determining factors in our choice of candidate.

年龄和经验是我们选择候选人的决定因素。

6.stoic ['stɔɪk] adj. 坚忍的

释义: a person who is able to suffer pain or trouble without complaining or showing what they are feeling



I thought 【you Yankees were supposed to be stoic】.
我以为你们北方人都是坚忍的。

7. live-wire [laiv 'waɪə] 活跃的人；生龙活虎的人

释义：If you describe someone as a live wire, you mean that they are lively and energetic

This college has come to life and advanced considerably (under the direction of its very live-wire Rector Mr Jocelyn Stevens) .

这所学院在其活跃的校长乔斯林·斯蒂文斯先生的指导下变得生机勃勃，并取得了长足的进步。

8. impractical [ɪm'præktɪkl] adj. 不切实际的，不现实的

记忆：impractical = im (不，非) + practical (实际的) → 不切实际的

释义：If you describe an object, idea, or course of action as impractical, you mean that it is not sensible or realistic, and does not

work well in practice



I thought 【that a rescue mission was impractical】.

我原以为营救任务是不切实际的。

9.anniversary [ˌænɪˈvɜːrsəri] n. 周年纪念日

释义：An anniversary is a date that is remembered or celebrated because a special event happened on that date in a previous year

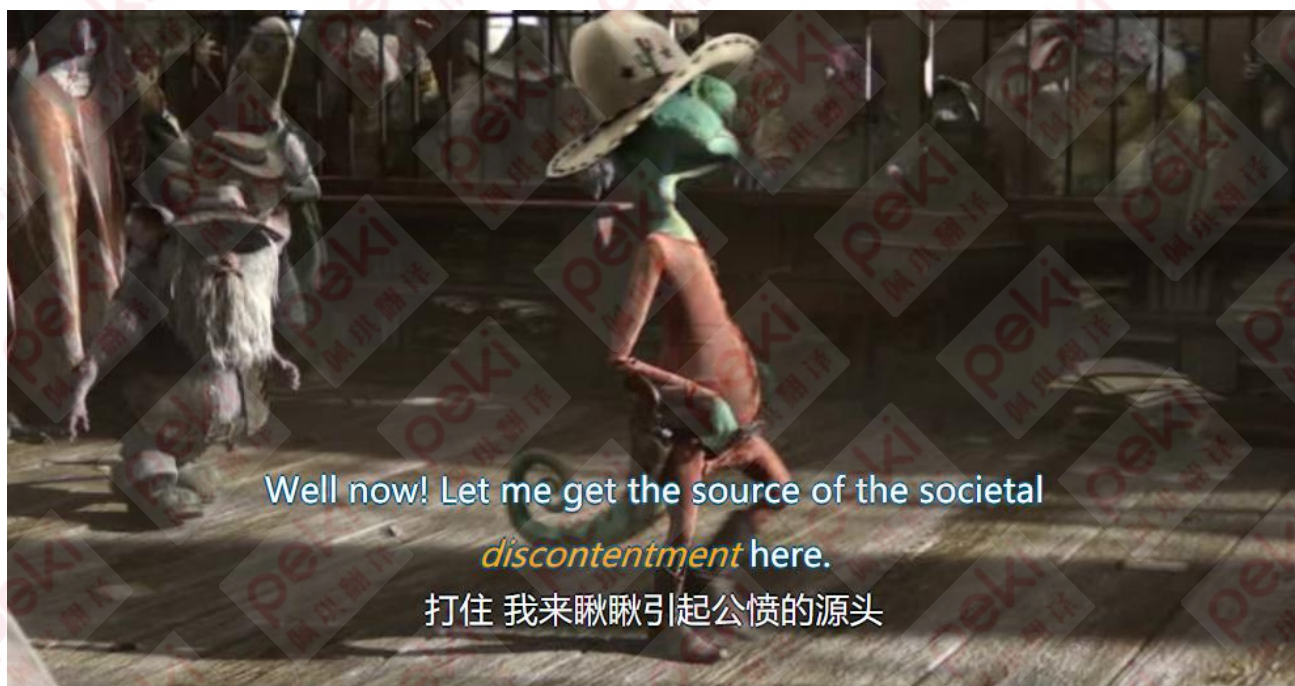


I'm just saying, it's easy to remember our anniversary.

我只是说，很容易记住我们的结婚纪念日。

10. discontentment [ˌdɪskən'tetmənt] n. 不平，不满

释义：lack of contentment; dissatisfaction



Let me get the source of the societal discontentment here.

让我来找出社会不满的根源。

11. bring up [brɪŋ ʌp] 抚养长大，养育；教育

释义：To take care of and educate (a child)

He was brought up by his grandparents.

他是由祖父母带大的。

12. blow up 摧毁；爆炸

释义：to destroy something, or to be destroyed, by an explosion

Rebels attempted to blow up the bridge.

叛军企图炸毁这座桥。

13.get things out in the open 将事情公开

释义：[for something] to be public knowledge

Is this matter out in the open, or is it still secret? Let's get this out in the open and discuss it.

这件事是公开的还是秘密的?让我们把这件事公开讨论一下。