

Arguments from "nowhere", escalation of wrongs

Drivers (causes) + offramps.

Causes:

- stress
- anxiety
- self-focus

Person A. 1) slights *

Off-ramps:

- use memory "hacks"
- add good habits
- exercise focusing on others

* Enough of these can cause the end!

- missing or insufficient sympathy
- forgotten anniversary
- neglected promise
- failure to listen, pay attention, or show interest
- neglected use of love languages

Person B.

2) taking offense at slight ...

... in a way that includes another slight!

- assuming worse motives than warranted
- accusing them of more, using "always" or "never" in the accusation

Causes:

- insecurities
- fears
- leading to overreaction
- "maybe they don't like me"

Off-ramps:

- model the behavior you want to see
- add kindnesses and compliments to criticisms
- be understanding, assume the best

Person A.

3) getting defensive

- denials that go too far

4) and counter-offensive

Causes:

- insecurities & fears about yourself: afraid of being the "bad guy."
- perfectionism

Off-ramps

- admit imperfection
- admit bad habits
- don't be afraid to be vulnerable; trust them to forgive
- get help: counseling

Both!

- accusing them of ingratitude
- recalling past wrongs to keep score
- insulting, using sarcasm
- being actively unkind and cruel to get revenge.
- hate!