

BIAS TO BOND CHART

Fighting is a reflex. Connection is a choice.

AUTOMATIC BIAS	IN CONFLICT...	THOUGHT PATTERN	OUTCOME
Confirmation Bias	You gather proof that you're right	"See... you always interrupt me."	Old evidence fuels the fight.
Attribution Bias	You assume character flaws	"You did that because you don't care."	Your partner feels blamed, so defenses go up.
Negativity Bias	Problems feel bigger than they are	"You never do anything right."	Resentment turns into contempt.

THE PART STEP	REPAIR RESET	NEW THOUGHT	NEW OUTCOME
Pause & Be Present	Stop mental time-travel to past hurts	"I need a minute to calm down."	You calm the spiral before it escalates
Assume the Best	Choose generous explanations	"Maybe you were overwhelmed."	Greater empathy and understanding
Thankful	Remember what you appreciate	"Thank you for showing up."	Feel like partners, not opponents

Calm These 3 Reactive Defenses to End Fighting. – Debbie Cherry, LMFT

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