

THE CONFLICT SPIRAL INTERRUPTER



Fighting is a reflex. Connection is a choice.

AUTOMATIC PATTERN	IN CONFLICT...	REPAIR RESET	NEW OUTCOME
Negativity Bias	Problems feel bigger than they are	Anchor to the present moment	More calm and emotional closeness
Confirmation Bias	You gather proof that you're right	Stop mental time-travel to past hurts	Greater empathy and understanding
Attribution Bias	You assume character flaws	Choose generous explanations	Feel like partners, not opponents

Interrupt the pattern. Protect the connection.

Step 1 – Be Present

Pause. Take one slow breath.

Ask: What is happening right now?

Step 2 – Assume the Best

Ask: What else could be true?

Consider stress, overwhelm, or misunderstanding.