

# Arguing with my Partner

<https://silosolo.com/443637>

## Summary

The video features an interview with psychotherapist Nancy Dreyfus, who discusses the concept behind her book 'Talk to me Like I'm someone you love,' which focuses on improving relationships through communication and vulnerability. Dreyfus emphasizes the importance of conscious communication, which involves being aware of childhood wounding and holding two realities at once in conflict. She explains that childhood wounding can impact the ability to navigate conflict and highlights the number one mistake couples make in conflict resolution: not considering the other person's perspective.

## Silo sample questions

- What is the concept behind Nancy Dreyfus' book 'Talk to me Like I'm someone you love'?
- What is conscious communication in a relationship?
- How does childhood wounding impact communication?
- What is the number one mistake couples make in navigating conflict?

## Topics

Nancy Dreyfus' book 'Talk to me Like I'm someone you love'

Conscious communication in relationships

The impact of childhood wounding on communication

The importance of holding two realities at once in conflict

The number one mistake couples make in conflict resolution

## Key Takeaways

- The video is an interview with Nancy Dreyfus, a psychotherapist and author
- The title of Nancy Dreyfus' book is 'Talk to me Like I'm someone you love'
- The book focuses on transforming unproductive arguments into moments of connection through communication and vulnerability
  - Conscious communication involves being aware of one's childhood wounding and holding two realities at once
  - The number one mistake couples make when navigating conflict is not being able to see things from the other person's perspective

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