

From **Who's Right?**
to **What Works?**

EveryDayUs 



SHIFTING FROM WINNING ARGUMENTS TO FINDING SOLUTIONS.



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Most recurring relationship conflict does not begin with cruelty. It begins with positioning.

One partner explains. The other defends. Evidence is gathered. Past examples are referenced.

When that happens, even if someone "wins," the problem returns. Because the issue was never the argument. It was the pattern.

The Core Shift Right vs. Wrong keeps you in the past. What works builds the future.

In a healthy partnership:

- You are not opponents.
- You are not litigators.
- You are not keeping score.

You are architects.

The better question is: What structure would prevent this from happening again?



RECOGNIZING THE LOOP

The Old Loop

1. Trigger happens
2. Emotion rises
3. Reaction and defense
4. Past evidence introduced
5. Issue resurfaces later

The New Loop

1. Trigger happens
2. Pause
3. Name the pattern (not the person)
4. Define the shared goal
5. Create a preventative adjustment
6. Revisit and refine



A REAL-LIFE EXAMPLE

Dave wanted to rest on Saturdays.

Elena wanted to use weekends to get things done.

Every Saturday began without a plan. By mid-morning, frustration built. She felt unsupported. He felt pressured.

They argued about effort, but the real problem was ambiguity.

The shift happened when they asked:

“What keeps happening here?”

Their solution:

Create a planning check-in

- First two hours Saturday: shared priority

- After that: protected rest time

The Saturday Morning Fights were managed.

Recurring conflict is often structural, not moral.



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BUILDING PREVENTATIVE STRUCTURE

1 – Name the Pattern

“When this happens, we both end up frustrated.”

2 – Define the Shared Outcome

What would better look like for both of us?

3 – Build a Structural Adjustment

Recurring issues require structure, not more emotion.

Examples:

- Weekly logistics meeting
- Shared digital calendar rules
- Spending threshold agreement
- Pause word during escalating conversations

4 – Review Without Blame

After one week ask:

- What worked?
- What felt better?
- What needs adjusting?



THE 15-MINUTE PRACTICE

Set aside a few minutes to architect a solution.
Phones down. No multitasking. Commit.

Ask:

1. What tension is showing up?
2. Did we try to prove a point or solve a problem?
3. What small structure would make this easier next time?
4. What can each of us do to help us?

Final Reflection

You can spend years proving you were right. Or you can spend those years building something that works.

Right and wrong divide.

Solutions unite.

Choose unity.