

Monica
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A free guide for couples

3 Mistakes Couples Make After a Fight

And what to do instead



A RELATIONSHIP GUIDE · BY MONICA DOSANJH, MSW, RSW

PLEASE READ FIRST

Disclaimer

This resource is intended for educational and informational purposes only and is **not a substitute for psychotherapy, counselling, mental health treatment, legal advice, or medical advice.**

Reading this guide or using the exercises included does not establish a therapeutic relationship with Monica Dosanjh, MSW, BSW.

The information here is designed to support personal reflection and relationship growth — however, every relationship is unique, and results may vary.

By using this resource, you acknowledge that you are responsible for your own decisions, actions, and well-being.



A NOTE ON SAFETY

If you are experiencing significant relationship distress, or concerns related to abuse, violence, safety, mental health, or crisis, please seek appropriate professional support in your area.

A note from Monica

“How did we end up here again?”

If you have ever found yourself thinking that, you are not alone.

One of the things I hear most often from couples is: *“We keep having the same argument.”*

Sometimes it is about dishes. Sometimes it is about money. Sometimes it is about parenting, intimacy, or communication. But underneath the argument is often something much deeper.

One partner is longing to feel heard. The other is longing to feel understood.

The truth is that conflict is not the problem. Every healthy relationship experiences conflict. What matters most is what happens *afterwards*.

“Conflict is not the problem. What matters most is what happens afterwards”



Monica

Monica Dosanjh, MSW, RSW · Couples Therapist

Why couples get stuck after a fight

Many couples focus on who was right, who started it, or who should apologize first.

Unfortunately, these questions rarely move the relationship forward.

Underneath many conflicts are feelings such as feeling unheard, unimportant, rejected, criticized, alone, or disconnected.

When couples begin to understand what is happening *underneath* the conflict, everything starts to change.

UNDERNEATH THE ARGUMENT, ONE PARTNER OFTEN FEELS...

unheard

unimportant

rejected

criticized

alone

disconnected

The argument on the surface is rarely the real conversation. The real conversation is happening underneath it.



Let us name them

The three mistakes

01

Trying to resolve the problem before emotions have settled

02

Focusing on who is right

03

Repeating the same cycle

01

MISTAKE ONE

Trying to resolve the problem before emotions have settled

After a fight, many couples feel pressure to solve the issue immediately.

One partner wants to keep talking. The other wants space. The more one pushes, the more overwhelmed the other becomes.



THERAPIST INSIGHT

Needing a pause does not automatically mean someone is avoiding the conversation. Sometimes it means their nervous system is overwhelmed.

02

MISTAKE TWO

Focusing on who is right

Many couples become so focused on proving their point that they stop trying to understand each other. The conversation shifts from solving the problem to defending a position.

“Relationships are not strengthened by winning arguments.”

They are strengthened when both people feel heard, understood, and emotionally safe.

Most partners are not asking, 'Can you prove that I am wrong?' They are asking, 'Can you understand why this hurt me?'

NOT

“Can you prove that I am wrong?”

BUT

“Can you understand why this hurt me?”

03

MISTAKE THREE

Repeating the same cycle

Many couples believe they have dozens of problems. Often, they have one or two recurring patterns.

One partner pursues

WHILE THE OTHER

withdraws

One partner criticizes

WHILE THE OTHER

becomes defensive

— AND THE CYCLE REPEATS —



THERAPIST INSIGHT

The cycle is often the problem — not your partner.

REFLECTION EXERCISE

When I feel hurt, I tend to...

My partner tends to...

This usually leads to...

A final thought

Conflict does not mean your relationship is failing.

In many cases, conflict points to something important. It highlights the places where both partners are longing for greater connection, understanding, and emotional safety.

The goal is not to eliminate conflict. The goal is to learn how to navigate it differently.

“The goal is not to stop fighting. It is to learn how to find your way back to each other.”

READY FOR THE NEXT STEP?

If you see your own relationship
in these pages, you are not alone.

Many couples know they are stuck. The real challenge is knowing what to do differently.

That is exactly why I created **The 5-Step Reset: After a Fight**.

INSIDE THE WORKBOOK, YOU WILL LEARN TO...

- 01 Understand what is really happening beneath the conflict
- 02 Identify the emotions and needs underneath
- 03 Communicate more effectively
- 04 Take accountability
- 05 Rebuild connection

Monica Dosanjh

About Monica



Monica Dosanjh, MSW, RSW

Couples Therapist · Online therapy across Ontario

As a couples therapist, I have the privilege of helping couples navigate some of the most difficult moments in their relationships. One thing I know is that healthy relationships are not built by avoiding conflict. They are built by learning how to reconnect after it. My hope is that this guide gives you practical tools to help you slow down, understand each other more deeply, and find your way back to one another after an argument.

This resource is intended for educational purposes only and does not constitute psychotherapy or establish a therapeutic relationship.

Ready to put this into practice together?

Book a free 15-minute consultation with Monica — let's talk about what is next.

Book your free call →