

**EPISODES 93 and 94: A DIVORCE LAWYER'S GUIDE TO STAYING TOGETHER**  
**INTERVIEW WITH JAMES SEXTON**

**1. HIT SEND NOW**

- Share in real time and in small ways, the little disconnections now, so they don't turn into larger issues.
- Goal of marriage is connection.
- Have a conversation about how you are going to have conversations. Hyper-openness.

**2. YOU CAN BE RIGHT OR YOU CAN BE HAPPY**

- What's good for "Us" is good for both of us.
- There is no winning or losing an argument. You can't "win" an argument with your spouse or else you make them feel small. You can't "lose" or you make yourself feel small.
- Protect the "you," the "me," and the "we."
- The goal is to be happily married, to be better together than on your own.
- Equality is not the same as equity. The best partnerships are not those that do the same tasks, but different tasks to accomplish a common purpose.

**3. READING MINDS AND ACCEPTING APPEARANCES**

- People can't hear what you don't say.
- Share what you need.
- Mythology of a "soul mate."

**4. IF I WERE DESIGNING AN INFIDELITY-GENERATING MACHINE, IT WOULD BE  
FACEBOOK**

- You are getting a carefully curated picture of someone on Facebook.
- Share passwords, be friends on Facebook.
- What is the problem to which this is a solution? Are you lonely? Do you feel the need to show off?

**5. ARGUE BETTER**

- Make the holes you dig shallow, because the deep ones are hard to climb out of.
- Identify the subject.
- Don't start something that has no end.
- Have ground rules. Talk about how to fight when you are not fighting.

## 6. WRITE A LETTER

- Value to writing your thoughts out and sharing them with your partner.
- Write down twenty things you love about your partner and share them.

Sources mentioned in this episode:

[“If You’re in My Office, It’s Already Too Late: A Divorce Lawyer’s Guide to Staying Together” by James J. Sexton, Esq.](#)

Are there other communication-related topics you’d like to hear the Communication Guys address? Let us know on our [Facebook page](#).