



A MONTHLY NEWSLETTER BY RACHNA KHANNA

## THE ULTIMATE QUEST

# *You Deserve to Know You*

The Daily Life Hero Podcast · Rachna Khanna · Midlife Leadership Expert

[transformwithrachna.com](https://transformwithrachna.com)

# The Fight Was Never About the Dishes

## The One Truth This Issue Is Built On

The fight was never about the dishes. Underneath every conflict is a nervous system reaching for safety — and a human being who forgot they are still loveable, even in the mess.

She has been in a fight with someone she loves and walked away wondering: what is wrong with me? This newsletter answers that question.

❏ "I don't want to keep fighting like this. I love them. But every time it happens, I say things I don't mean and then carry the guilt for days. I don't know how to stop the pattern."



# What If the Argument Is Not the Problem?

What if it is the doorway?

You've done this before.

Lying awake at 3am.

Replaying what you said.

What they said.

That moment it shifted... and you couldn't stop it.

You love them.

And still — you keep ending up in the same fight.

And then comes the guilt.

“What is wrong with me?”

**Let's interrupt that right here.**

**Nothing is wrong with you.**

# Why Your Body Responds Before You Do

Here is something I want you to hear before we go any further.

Every conflict, at home, at work, with the people you love most, is underneath the surface a nervous system reaching for safety. A part of you that learned, somewhere early in life, that closeness is risky. Or that being seen means being hurt. Or that love comes with conditions.

And so when something in the present moment presses on that old wound, you do not think your way through it. Your body responds. Fight or flight arrives before you do.

**This is not a character flaw. This is human wiring.**

## Human Wiring, Not a Character Flaw

When something in the present moment presses on an old wound, you do not think your way through it. Your body responds. Fight or flight arrives before you do.

## The Real Source of Conflict

It is not the tone of voice. Not the thing they forgot to do again. Not the comment that landed wrong. It is a nervous system reaching for safety, shaped by what you learned about love long before this moment.

# What Matt Wickens Said That I Haven't Stopped Thinking About

Last month I sat with Matt Wickens, transformational coach, men's group facilitator, and one of the most grounded humans I have had the privilege of learning alongside - for the **Season 2 Finale of The Daily Life Hero**.

Matt said something in that conversation I have not stopped thinking about.

"Conflict is something that is necessary for every relationship - provided that the repair is done well and consistently." — Matt Wickens

Let that land for a moment.

## Not This

Conflict means you are broken.

## Not This

If you really loved each other, you would not fight.

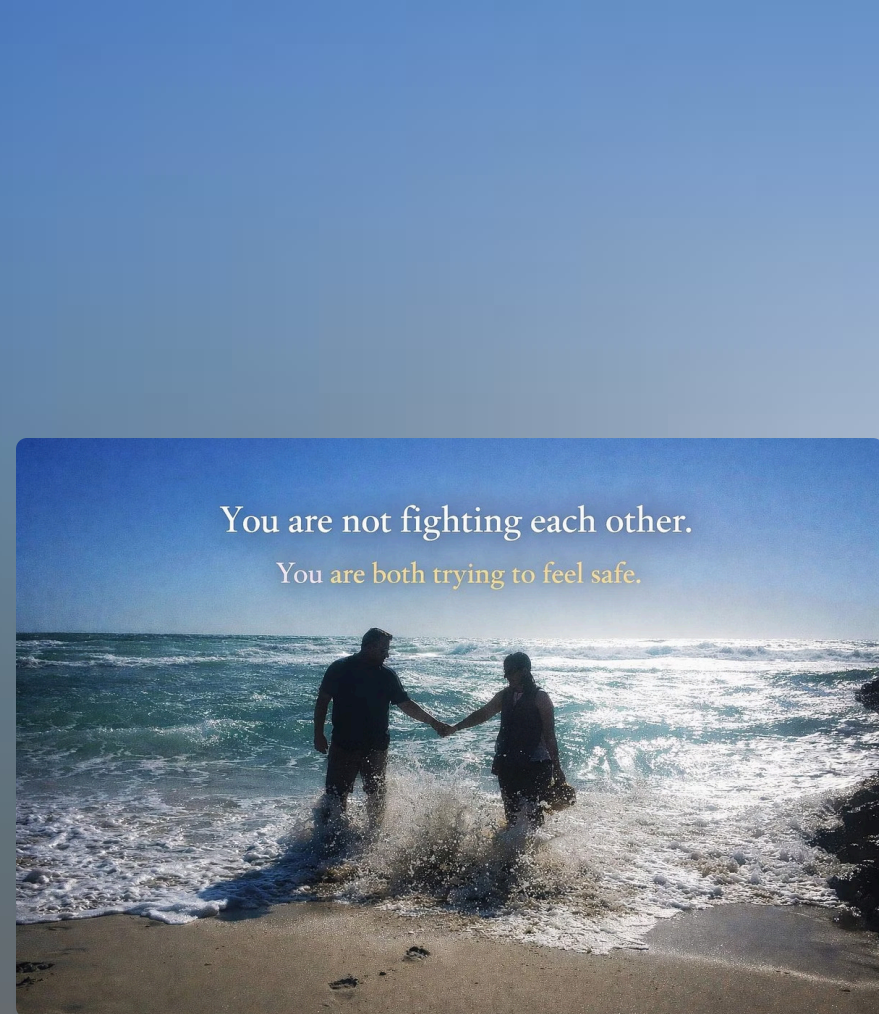
## The Truth

The goal is repair and repair is a skill you can learn.

You're Not Fighting Each Other. You're Both Trying to Feel Safe.

You are not fighting each other.

You are both trying to feel safe.



# The Four-Step Repair Framework

Matt shared a practical repair script you can use today – in your relationship, at work, with anyone you have been carrying tension with.

1

## When you...

Name the specific behaviour. Not the character. Not the pattern.  
Just this one thing.

2

## Then I...

Name what you felt. Not what they did wrong. What happened inside you.

3

## I would love...

Name the need. Simply. Without demand.

4

## How can we...

Invite collaboration. Make it a team conversation, not a verdict.

📄 **Example:** "When you said you would call and didn't - I felt anxious and disconnected. I would love it if a short text could let me know when plans change. How can we make this work for both of us?"

# The Language Shift That Changes Everything

## ✗ Before

"I am really **crap** at communication."

Identity statement. Floods the nervous system. Shuts down the conversation before it begins.

## ✓ After

"Sometimes I am **challenged** with communication."

Experience statement. Softens the nervous system. Opens space for connection and repair.

That single word, from identity to experience, softens your nervous system before the conversation begins. And a regulated nervous system can do what a flooded one cannot: stay. Listen. Come back to connection.

# The Cost of Unresolved Conflict

The cost of unresolved conflict is not just the fight. It is the slow withdrawal that follows. The distance that feels safer than vulnerability. The love that is still there but cannot find its way through.

The repair does not require perfection. It requires showing up, messy, scared, imperfect and choosing connection over being right.

You are not someone who is bad at relationships. You are someone who was never taught that conflict could be the doorway back to love. **Now you know. That changes things.**



# Go Deeper – The Full Episode

## What Matt Covers in the Episode

- Attachment styles - how patterns formed before we had words for them still run our conflict responses today
- The story behind what brought Matt to this work - one of the most honest things a guest has offered on this show
- Why repair is a muscle, not a miracle

 **Watch / Listen: [Conflict Isn't the Problem Disconnection Is](#) | Season 2 Finale w/ Matt Wickens**

## Free Discovery Call

If this issue named something you have been living with you do not have to keep figuring it out alone.

[transformwithrachna.com](https://transformwithrachna.com) No pitch. No pressure. Just clarity.



# About Rachna Khanna

I'm **Rachna Khanna** — Midlife Leadership Expert, Emotional Integration Practitioner, and host of *The Daily Life Hero* podcast. I help high-achieving women in midlife lead their body, mind, and relationships — so they feel like themselves again.

## Perth-Based

Global reach,  
grounded practice

## 25+ Years

Learning &  
Development  
expertise

## Award

Global Empower Her  
Innovator Award  
recipient

## 2026 Finalist

Life Coach of the Year & Rising Star Coach of the Year (ICG)

*Real work, not theory. Until next time, you deserve to know you. Rachna*

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