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SUGGESTED INTERVIEW QUESTIONS

BOOK: Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing

ABOUT THE BOOK

1. What inspired you to write Don't Throw in the Towel Yet!?
2. Who is the book written for?
3. Why did you choose the title Don't Throw in the Towel Yet!?
4. What do you hope readers take away from the book?
5. What makes your approach different from other relationship books?

THE "SHOULD I STAY OR SHOULD I GO?" QUESTION

6. Why is the "Should I stay or should I go?" question so difficult for many women?
7. Why do you believe so many people feel pressured to make a decision immediately?
8. What are some signs that someone needs more clarity before making a major relationship decision?
9. How can someone move from confusion to clarity?
10. What is the biggest mistake people make when deciding whether to stay or leave?

THE FIGHT BENEATH THE FIGHT

11. What do you mean by the phrase "the fight beneath the fight"?
12. Why do couples keep having the same argument over and over again?
13. What are couples usually fighting about beneath the surface issue?
14. How can couples identify the real issue driving their conflict?
15. What happens when couples learn to address the deeper issue instead of the surface argument?

THE SEVEN RELATIONSHIP SABOTEURS

16. What are the Seven Relationship Saboteurs?
17. Which saboteur do you see most often?
18. How do these saboteurs quietly damage relationships?
19. Can people learn to change these patterns?
20. Which saboteur tends to create the most conflict?

COMMUNICATION AND CONFLICT

21. What are the biggest communication mistakes couples make?
22. Why do otherwise loving people say such hurtful things during conflict?
23. What role do emotional triggers play in arguments?
24. How can couples disagree without damaging the relationship?
25. What does healthy conflict actually look like?
26. How can couples break destructive communication cycles?

STOP, DROP, AND ROLL, BABY!®

27. What is Stop, Drop, and Roll, Baby!®?
28. How did you develop this technique?
29. How does it help people manage conflict differently?
30. Can you walk us through the process?
31. What kind of results have you seen from people who use it?

BATTLE-WEARY WIVES

32. What is a battle-weary wife?
33. What are some signs that someone has become battle-weary?
34. What do battle-weary wives need most?
35. How can women reconnect with themselves when they feel emotionally exhausted?
36. Why is self-awareness so important in relationship healing?

MARRIAGE AS A SPIRITUAL PRACTICE

37. You often describe marriage as a spiritual practice. What does that mean?
38. How can relationships help us grow as individuals?
39. What lessons does conflict have to teach us?
40. How can people use relationship challenges as opportunities for personal growth?

MODERN RELATIONSHIP CHALLENGES

41. Why do you think so many couples are struggling today?
42. How has social media affected relationships?
43. What impact does chronic stress have on marriages?
44. What challenges are unique to today's couples?
45. Why do some couples grow stronger through adversity while others grow apart?

QUICK-FIRE QUESTIONS

46. What is one relationship myth you wish would disappear?
47. What is one habit every healthy relationship should have?
48. What is the best piece of relationship advice you've ever received?
49. What is one thing couples can do today to improve their relationship?
50. What does "If it's worth fighting about, it's worth fixing" mean to you?

MEDIA SOUND BITES

- Most couples aren't fighting about what they think they're fighting about.
- The goal isn't to win the fight. The goal is to understand what's happening beneath it.
- Clarity rarely comes through panic.
- Healthy relationships aren't conflict-free; they're repair-rich.
- If it's worth fighting about, it's worth fixing.