

# Relationship Conflict Resolution

**is problem, not the person.**

is a disagreement turns to personal insults, raised voices, or insulting names directed to no longer productive. Be careful to focus on the problem rather than on your partner. If a disagreement becomes personal, you should pause & breathe.

**is listening**

without making arguments or focus on getting our own point across rather than partner. Before responding to your partner, restate what they have said & verify. Continue this process until your partner agrees that you understand & vice versa. Your partner should reflect back your ideas in their own words until you agree. Using this technique will help both individuals feel heard & will end your argument.

**is affirming**

is offering a sentence, begin your sentence with "I". For example: "I feel hurt by what you've said here". With this sentence format we show that we are not avoiding the real issue situation rather than blaming our partner. The affirming phrase is "You never tell me what you're going to be like" & with affirming you are affirming.