

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 without blaming 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, repeat what they have said & words. Continue this process until your partner agrees that you understand & safe. Your partner should repeat back your ideas in their own words until & correct. Using this technique will help both individuals feel listened to and & if you disagree.

is essential.

in offering a solution, begin your sentence with "I". For example: "I feel hurt by what you've said later". With this sentence format we show that we are not avoiding the real issue situation rather than blaming our partner. The phrase does not "You never tell me what you're going to do later" would often cause a very defensive.