

KEYS TO CONSTRUCTIVE CONFLICT WITH THOSE WE LOVE

It is a sad fact of life that the people we need and love the most are, also, the one who catch the worst of us in difficult situations.

When we argue, a great number of the best things that make us human go out the window as defensive (protective) measures kick in. Here is a short list of things that can help keep even our worst disagreements constructive.



In the Moment

Know your personal signs of anger. Do not try to have a serious conversation when they are present.

Consciously remember why you love the person you are arguing with. Remember the things about them that make you smile or laugh. If you are resistant to remembering these things, it may not be the right time for a conversation.

Be careful about assigning motives to them. If you don't know why they are or are not doing something, then don't assume it.

Actively seek solutions, ask the other person what these might be.

Plan Ahead

Have a safe word or phrase set up with your partner - if things get headed, one of you can say the word to call for a break.

Don't have difficult conversations on the spur of the moment. Set a specific time to do this.

Have the conversation in public if necessary. It is harder to escalate things with other people around.

Self Reflect

Are you thinking about having a conversation because you want to be right, or to find solutions?

Can you say, with 100% honesty, that you are approaching the situation with honesty and integrity? Are you possibly being manipulative in any way?

List the ways you yourself may be wrong in this situation, no matter how small. Keep these in mind.