

MARCH 2020

OH MY PARTNER! CAN WE FIGHT FAIRLY?

The Monthly Newsletter of Effective Living



6 VOWS OF HEALTHY CONFLICT!

01

KNOW THE REAL REASON

Ask yourself why are you upset. Are you really upset because your partner went out with his/her friends? Or is it because he/she did not attend an event with you two days before?

02

TARGET THE PROBLEM INSTEAD OF THE PERSON

Focus on the problem without degrading your partner's character as a whole, restating his/her past mistakes, or highlighting their weaknesses.

03

USE 'I' STATEMENT

When expressing your concern, start with 'I'. "I feel alone, when you often come back home late". This shows you are taking responsibility of your own emotion instead of blaming your partner. "You are late again and again" - will cause your partner to become defensive.

04

STAY ON A TOPIC

Discuss one issue at a time. "Why you didn't come to visit my father?", can quickly turn into " You changed a lot and you don't care about my family." This could trigger intense emotion resulting in blame game which could be overwhelming for both.

05

NO YELLING

Yelling at your partner will focus their brain on defensiveness. If your partner started to yell, make him/her aware that they are in fact yelling and tell them politely that this is not accepted and it will make the problem worse.

"I notice that you are in fact yelling, I understand that you are angry but yelling will not solve our issue. Can you calm down or should we take a break?"

06

TAKE A TIME-OUT

If an argument started to become personal (insulting) or heated (aggressive), take a break. Spend some time alone to calm down. When both are ready, do return to solve the issue. It isn't a good idea to avoid or leave issues unaddressed

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Let's not forget, it's not you vs. me

IT's

You & Me vs. The Problem

