

Do's and Don'ts of Resolving Conflict

Most couples will experience times of disagreement or misunderstanding. It's important to communicate in a respectful way so that you can work through the issue without fueling more stress and tension. Below are tips to help you.



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Do:

- Take time & space to calm down
- Focus on the here & now
- Slow down your breath
- Listen with your full attention
- Relax your body - unclench your jaw & fists
- Remain solution focused
- View your partner as being on your team (Think: “We’re in this together”)
- Say, “I need time to think about this”
- Keep a calm voice & maintain eye contact
- Say I love you & care about you
- Respond instead of react
- Forgive and encourage dialogue

Don't:

- Call each other names or put each other down
- Threaten each other
- Yell or curse at each other
- Act impulsively
- Insist on finishing the conversation now or resolving the issue instantly
- Interrupt your partner
- Try to change the other person
- Hold grudges
- Make long term decisions based on temporary feelings
- Be defensive or sarcastic