

HEALTHY WAYS TO DISAGREE



There are appropriate ways to express differing opinions that don't damage the relationship.

1 DON'T TRY TO WIN

Entering a disagreement with the intent of 'winning' automatically places you against the other person. That mindset means you want your spouse and/or friend to 'lose'.

2 FOCUS ON RESOLUTION

Keep in mind the desire to fix the problem or conflict.

3 REMAIN CONNECTED

Remember that your relationship is more important than any disagreement.

4 DON'T GET PERSONAL

Avoid name calling, cursing and belittling.

5 FOCUS ON FACTS

What are the facts that are leading you to your opinion.

6 DON'T MAKE ASSUMPTIONS

Even if you know your spouse and/or friend well, you are not a mind reader.

7 DON'T USE EXTREME LANGUAGE

Always, never, and every time can lead to a peripheral argument that isn't beneficial or productive. It then turns into, "I don't always..."

8 FOCUS ON ONE CONFLICT AT A TIME

Piling onto the conflict with past issues is also not beneficial or productive. That turns into a disagreement that becomes harder to sift through and resolve.