



Relationship Conflict Resolution

Focus on being part of the solution and avoid ad hominem attacks.

Conflicts happen in every relationship... It's natural. How you deal with it determines the outcome.

Yes, I know you want to get your point across and you believe you are right... Here's the kicker... so does your partner! You both have valid viewpoints based on your life experiences and perceptions.

Raising your voice, name calling, or using mocking language (verbal or non-verbal), sends the person you're communicating with the message that they better fight back or duck for cover. The issue is left unresolved, feelings are hurt and things can escalate. If you find yourself in this situation, hit the pause button! Do not continue... Instead, take a deep breath, suggest to your partner that you both go find a quiet space where you can each reflect on your feelings, perhaps write them out to get some clarity, then continue your discussion when you're both less emotional and more open to hearing each other out.

When you reconvene focus on being part of the solution. Express your feelings in a non-blaming way. i.e. use "I statements"... "I feel _____ when you _____"

For example, instead of saying "You never spend time with me when your family is around" try "I feel alone, when your family visits"

Then communicate your need i.e. what would help to improve the situation?

"I understand you want to spend time with your family, I'd appreciate it if you carve out a small portion of time for me as well".

Listening with your heart not your defences.

Become aware of your feelings... allow your feelings to be present, without judgment, without minimizing or wronging them... At the same time, create a non-judgmental space for your partner's feelings and point of view... open your heart space to really hear and understand what your partner is saying... Slow communication down to a snail's pace. If there is any impulse to snap back, be aware of it and let it go, by breathing through it...

Once your partner has expressed their feelings with "I" Statements, in your own words, reflect back to them what you heard them say. Ask your partner if you got what they were saying. If you don't, no worries, allow your partner to restate their feelings and try again. Continue this process until your partner indicates that they feel heard and understood.

Next, it's your turn to share your point of view, and your feelings. Your partner should reflect back your ideas in their own words until you feel understood.

Using this method will help you both feel heard and understood.

Remember, this is not about agreeing with your partner; It's more about understanding their point of view.