

## Relationship Conflict Resolution

### **Focus on a solution to the problem, not the person.**

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

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 and feelings are hurt. If you find yourself in this situation, hit the pause button! Do not continue... 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 \_\_\_\_\_" instead of "You never support me when your family is around"

### **Listening with your heart not your defences.**

Yes, I know you want to get your point heard and you believe you are right... Here's the kicker... so does your partner! So instead of impersonating two loud speakers, try this...

Become aware of your feelings... allow them room to be... now create a space for your partner's point of view... Instead of conjuring up a response to your partner, open your heart space to really hear what they are saying... Next, if there is any impulse to snap back, be aware of it and let it go by breathing through it... Now restate what you heard your partner say to you in your own words. Ask your partner "Do I have it right?" If you don't, no worries, allow your partner to restate their feelings and try again. Continue this process until your partner agrees that you understand.

Next, share your point of view. Your partner should reflect back your ideas in their own words until you feel understood.

Using this technique 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.