

Relationships

Set norms and rules in your relationships

- We will have conflicts
- Conflict and disagreements are a normal part of all relationships
- Having disagreements doesn't mean your relationship is going to end or that there is something terribly wrong
- Agree not to let hard or hurt feelings grow or stew. Deal with conflicts in a timely manner. Don't "let the sun go down on your anger"
- Express irritation and annoyance in a kind, specific and positive way
- Do not exaggerate or attack the other person
- Keep emotional levels even and calm. No yelling, uncontrollable anger, or hurting remarks
- Do not interrupt each other
- Listen carefully to each other (rather than spending time thinking up a defense)
- Deal with the present
- If something is important enough for one person to discuss, it is important for the other person also

REMEMBER: Conflict Which Is Not Handled Effectively Leads To More Conflict, Anger, Frustration And Unsatisfactory Compromises. It Doesn't "Just Go Away." It Goes Underground!