

Relationships

Set norms and rules in your relationships

- x We will have conflicts
- x Conflict and disagreements are a normal part of all relationships
- x + D Y L Q J G L V D J U H H P H Q W V G R H V Q ¶ W P H D Q \ R X U U H O D W
is something terribly wrong
- x Agree not to let hard or hurt feelings grow or stew. Deal with conflicts in a timely
P D Q Q H U ' R Q ¶ W ³ O H W W K H V X Q J R G R Z Q R Q \ R X U D Q .
- x Express irritation and annoyance in a kind, specific and positive way
- x Do not exaggerate or attack the other person
- x Keep emotional levels even and calm. No yelling, uncontrollable anger, or
hurting remarks
- x Do not interrupt each other
- x Listen carefully to each other (rather than spending time thinking up a defense)
- x Deal with the present
- x 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
& R Q I O L F W \$ Q J H U) U X V W U D W L R Q \$ Q G 8 Q V D W L V I D F W R U
* R \$ Z D \ ' , W * R H V 8 Q G H U J U R X Q G