

6 Ways To Fight Fair

Resolving conflict is critical to the health of any relationship.



Try this process the next time conflict arises:

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- ☐ Speak up before something becomes a major issue
 - ☐ Adopt an attitude of seeking a solution that's amenable to both parties - not trying to win
 - ☐ Be clear about what's really bothering you. Address behaviors.
 - ☐ Listen to the response. Repeat their ideas to show that you understand.
 - ☐ Brainstorm a solution together
 - ☐ Forgive and move on when a solution is reached
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