



healthy habits for parents & families

DIET NUTRITION PARENTING RELATIONSHIPS HEALTH

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Fighting Fair: Five Keys to Resolving Your Conflict

1) Chill Out / Calm Down —

When your emotions emerge or you feel your anger rising, breathe deep, step back, and “take a break” for a moment.

2) Talk About the Issue(s) / Avoid Attacking

Express your thoughts and feelings without criticizing or attacking your partner. **Step 1** helps this happen.

3) Love Does / Timing Matters —

If you can't be gentle and speak positively, this is not the time to resolve the problem. Choose your time(s) wisely. When you aren't kind and respectful — things get worse.

4) Tap the Mute Button / Take Turns —

Stay silent and listen well when your partner is speaking. Wait your turn; avoid the urgent temptation to interrupt. Show your respect by not correcting or interrupting.

5) Accept Responsibility / Admit Your Mistakes

Instead of demanding an apology, offer one. Be sincere and respectful. Learn from your mistakes and do better.

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