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Live Life

Passionately Ever After

Conflict is a natural part of relationships. Often, the most passionate relationships have conflict, due to the strong energy between each other. The key to conflict is to "*fight fair*"! Listed below are ten rules to working together to resolve conflict and live life *passionately ever after*.

- Recognize that you are partners, not enemies, regardless of how heated it becomes.
- Utilize "I" statements instead of "you" statements.
- Do not shame, belittle or disrespect your partner in words, deeds or actions.
- Only one person speaks at a time. *If both are talking, no one is listening!*
- Maintain a soft but clear tone of voice.
- Paraphrase back what you heard for clarification before responding.
- Be empathetic of your partner's view. Seek to understand what they are saying and imagine being in their "shoes".
- Agree to disagree agreeably. If it does not impact the relationship, is it really worth fighting about it?
- Make "the issue" the issue, not him, not her.
- Keep the discussion on one subject at a time until that subject is resolved.

Conflict is an opportunity to destroy your relationship or build an emotional connection. *In general*, men fight because they do not want to be controlled. Women fight because they do not feel emotionally connected to their husband. Focus on your part and what you do. Work together to fight fair, resolve conflict and live passionately ever after.

For assistance in living your life **passionately ever after**, call...

Passionately Ever After Counseling Center.

At

214.618.8202