

Managing Disagreements

It is perfectly normal for people to disagree with each other sometimes. However, it is important to remember there are healthy ways to manage disagreements so that your relationships don't have to suffer or end. Next time you find yourself in a disagreement with someone, think about the following guidelines.

Disagreement Guidelines

- 1) If your argument gets heated, take a break. You can't think clearly or solve problems if you are angry.
- 2) Agree on what the argument is about. Don't just go pointlessly from one topic to another.
- 3) Agree to talk respectfully.
- 4) Agree not to blame or criticize.
- 4) Focus only on the present situation. Do not bring up past problems.
- 5) Agree to listen to each other respecting the other person's point of view.
- 7) Try to find a compromise instead of just trying to win.

Directions

The next time you have a disagreement with someone, think about how you acted by filling out the following questions.

The disagreement was with _____

The disagreement was about _____

Did you stick to the topic? _____

How long did the disagreement last? _____

Did you treat the person with respect? _____ What did you do to show this respect?

Did you bring up past problems? _____

If so, what did problems or issues did you bring up? _____

Were they listening carefully to each other? _____

Did you bring up compromises or solutions? _____

What were they? _____

Did you say or do that made matters worse? _____

If so what did you say?

Looking back at the disagreement, is there anything you would have done differently?
