6 Ways To Fight Fair

Resolving conflict is critical to the health of any relationship.



Try this process the next time conflict arises:

- [ ] 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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