

When Conflict Hunts You Down

DEAL With It!

Don't Take the Bait



01

RESPOND, don't react. A response requires more effort. It is slow, considered, and measured. A reaction is often the first thing that pops into our head - and we often regret it just as quickly. Pause if you feel anger or upset rising. Breathe and continue.



02

EXPLAIN

EXPLAIN the impact of the behavior or situation and express your thoughts about it. Share your expectations for a respectful dialogue, even if it must be delayed till emotions have settled.



ASK

ASK questions to draw your spouse into a dialogue. It demonstrates you're open to hearing their thoughts. Ask questions that lead to solution building; don't get stuck on rehashing the problem.

03



04

LET GO!

LET GO of the need to manage your mate's behavior. Manage your own. Remind yourself, "I'm here to help us move toward a solution we can both support. I'm here to control me."

NOTE: While the steps are numbered you may discover you will not always use them in a straight line. You may need to return to ask additional questions, or explain something more clearly.