

# Resolving Conflict

Disagreements are normal in a relationship!  
Here's some tips for working through it:

- **Set Boundaries.** Everyone deserves to be treated with respect — even during an argument. Establish some ground rules— disagreements don't have to include yelling, cussing, or name calling.
- **Take a Time Out.** Sometimes we just need a break to think and gather our thoughts or to cool down.
- **Find the Real Issue.** Sometimes arguments happen when one partner's needs are not being met. Try to get to the heart of the matter.
- **Agree to Disagree.** If you and your partner can't resolve an issue, sometimes it's best to drop it. You can't agree on everything. Focus on what matters. If the issue is too important for you to drop and you can't agree to disagree, then maybe you're not really compatible and that's okay!
- **Compromise When Possible.** Easy to say but hard to do, compromising is a major part of conflict resolution and any successful relationship. So your partner wants Chinese food and you want Italian? Compromise and get Chinese tonight, but Italian next time you eat out. Find a middle ground that can allow both of you to feel satisfied with the outcome.
- **Consider Everything.** Is this issue really important? Does it change how the two of you feel about each other? Are you compromising your beliefs or morals? If not, maybe this is a time for compromise. Consider what the issue looks like from your partners point of view.



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