

10 Ways to **Stop** Your Next Fight

1. Notice Your Partner's Emotions.

"I can see you're getting angry (agitated, anxious...) but I think it's better if we talk about this when we're both calm. Let's park the conversation for now and touch base _____ (reschedule)."

2. Notice Your Emotions and Act If You Need To

"Hey, I'm too stressed to discuss this issue now. I'm going to get some fresh air..."

3. Is HALT a Factor?

If one of you is getting hot and bothered over a topic you two can normally manage, consider HALT: are you **H**ungry **A**ngry **L**onely **T**ired¹? In any of those states, your capacity to stay calm under pressure is lowered. If "yes" to one of these, take care of the underlying issue first.

4. Boost Your Self-Awareness.

"It seems like you're offended, but that wasn't my intent. Was it something I said (did)?"

5. Own Your Stuff and Apologize.

"I'm sorry that I got angry and said _____. Can we try again, and I'll focus on better self-control this time?"

¹ Ian Morgan Cron uses this acronym when helping people to stop and self reflect on a challenge with self control or a challenging emotional state.

6. Is It Really Worth It?

If you're arguing over something inconsequential – surprise your partner and make an advance. Maybe you'll both agree it would be more fun to...

7. Focus on Processing Well.

“This is a big decision that we need to look at from different angles. How about we each individually write down our thoughts, maybe our ‘pros and cons’ and then compare notes?”

8. Offer to Serve.

“I’m committed to ‘us’ which means I want to serve you well. So, what can I do to help?”

9. Be Curious and Listen.

I won't try to tell you what to believe, but I'm trying to understand why you have this opinion. Tell me more...”

10. Reach Out to Someone.

“It's clear that we both feel strongly we're right about this. Why don't we consult with _____ (a person we both respect who has some authority on the subject)?”

