

CHEAT SHEET

Couples Conflict

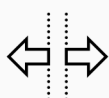
The Art of Conflict Resolution

1

Calm Your Body



Breathe Together While Hugging



Take a Break for 10 Minutes to Separate and Calm Down Before Coming Back Together



Drink Water or Eat Protein to Help Your Nervous System



Go on a Walk to Regulate Your Body



Do a Pinky Link Until Your Nervous Systems Allow You to Hug and Be Receptive

2

Take the High Road



How to Take the High Road

- Talk Calmly
- Listen Actively
- Ask Curious Questions
- Attempt to Connect and Repair

Avoid the Low Road



- Yelling
- Lecturing/Ranting
- Making Accusations
- Trying to Win or Be Right

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3

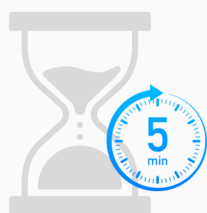
Embrace Conflict as Opportunity



Conflict is an opportunity for discovery. Use it to learn more about yourself and your partner.

4

Set Listening Timers



To ensure each person is heard, set listening timers, where each person gets five minutes to talk uninterrupted while the other person takes notes.

5

Apologize



Apologize for negative impact on your partner (regardless of intention). This doesn't mean you're wrong and they're right, it means you care about their feelings caused by your actions or lack of action.

6

MELT together



This can be through physical holding or kind words, but after each person has felt heard make sure you reconnect. Let your bodies remember you are SWEETHEARTS at the core.

Bonus Tip:

Give your fight a name

What was it that you learned? Or was there something funny to hold onto for the future?