

HAPPY COUPLES HEALTHY
COMMUNITIES



HOW TO MANAGE CONFLICTS IN **YOUR**
RELATIONSHIP?



Arguments, fights and disagreements are inevitable in any relationship. When two people with different choices spend a lot of time with each other, it becomes quite hard to be openly expressive at others' opinions. Sometimes, to avoid conflicts, people stop sharing their opinions, pretend to agree or afraid to express how they feel. Even in some cases, people become aggressively stubborn in their relationship and try to dominate the other person. In such a situation disagreement happen and that may lead to an ugly end of a relationship.

Thus, the way you deal with the conflicts with your partner determines that if your relationships are going to be stable or not. However, the conflicts can be small to big, ranging from where to go for a vacation or failing to accomplish daily household chores to child's upbringing.

A romantic scene at sunset. In the foreground, a couple is silhouetted against the bright, colorful sky, embracing and kissing. To their left, a hammock is strung between two wooden posts over a body of water. The sky is a mix of deep blue, orange, and yellow, with soft clouds. The water in the foreground is calm with gentle ripples.

**HERE ARE SOME TIPS ON HOW TO STAY
CALM AND MANAGE CONFLICTS IN YOUR
RELATIONSHIPS:**

SAY IT CLEARLY

To lead a healthy relationship, it is important to have transparency and openness while communicating with your partner. If you feel like you need to talk about money, career aspirations, child's upbringing or future, say it clearly. If you can't express your feelings openly with your partner, then you may be stuck in an abusive relationship.





MAINTAIN A RESPECTFUL DEMEANOR DURING AGGRESSIVE DISCUSSIONS

During the heated conversations, don't start insulting your partner and cross lines. Make sure you don't bring personal things during the arguments no matter what is the reason behind the heated conversation between you and your partner.

FIND THE ROOT OF THE ISSUE

Sometimes, people fight because their expectations do not meet. For instance, if it is a holiday and you are planning for a party with your friends, while your partner wants you to designate some quality time with him/her. Thus, it is your understanding of the relationship like how well you find the root of the issue.





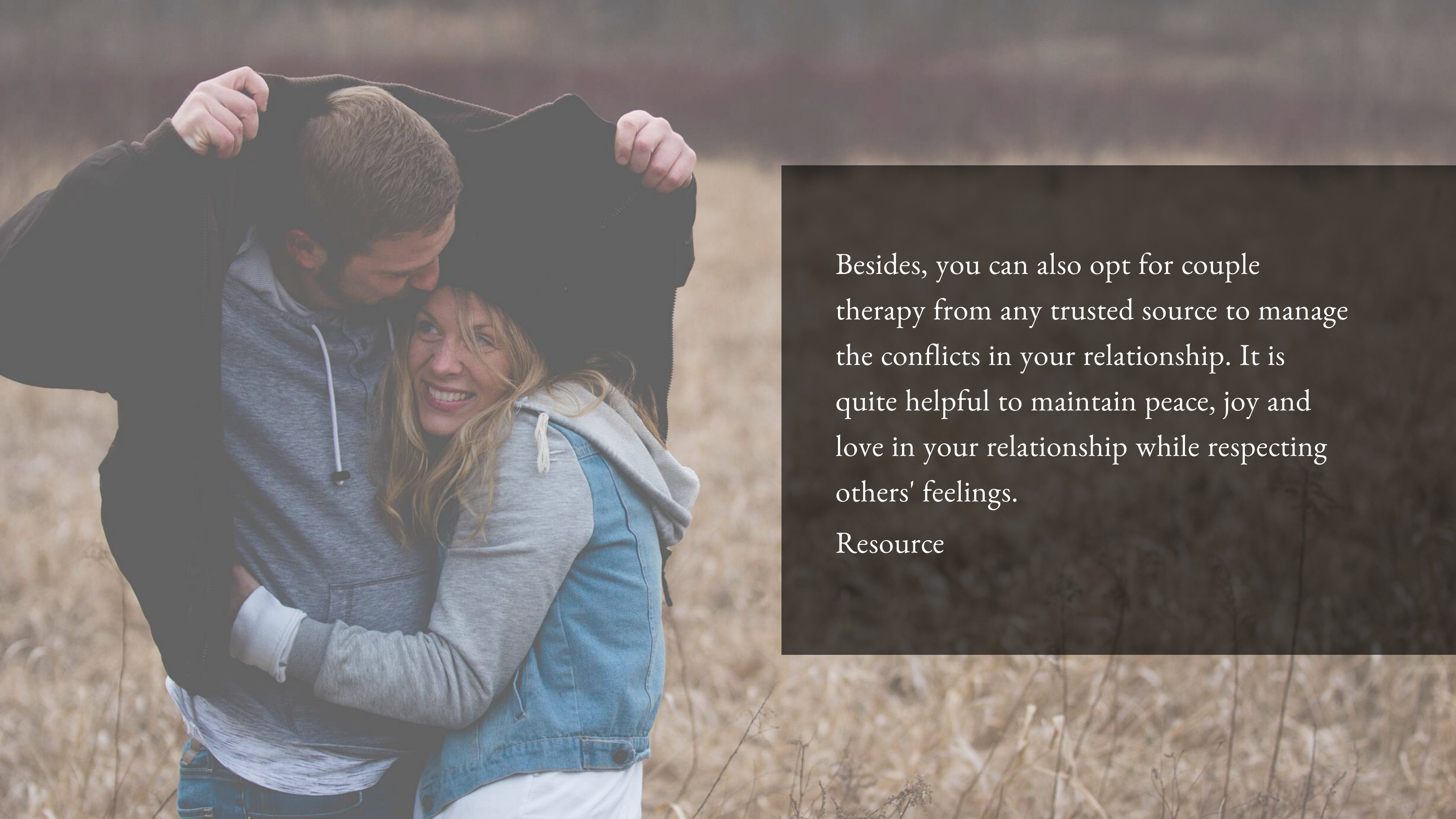
FORGET THE PAST

Most of the time, people drag the mistakes from the past in the current fights and that triggers the conflicts. Thus, it is advised to avoid bringing up the past or anything which you think can increase the argument. You should always focus on resolving the current issue instead of making the issue more complicated by bringing the past.

CONSIDER IF THE CONFLICT IS RESOLVABLE OR NOT

Sometimes people have conflicts on things that can really have a big impact on their lives. Whether it is about job transfer, having children, relocation or dreams, if you think that you need to sacrifice your dream and morals for the relationship, then it is up to you if you want to stay in this relationship or not.





Besides, you can also opt for couple therapy from any trusted source to manage the conflicts in your relationship. It is quite helpful to maintain peace, joy and love in your relationship while respecting others' feelings.

Resource

HOW TO REACH US

WEBSITE

<https://happycoupleshealthycommunities.com/>

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