

Getting On Better 2022

Harmful and helpful arguments: for parents



HARMFUL arguments can be BAD for your relationship

Trying to win
Saying mean things
Name-calling
Blaming
Being negative



HELPFUL arguments can be GOOD for your relationship

Working together
Considering each other's feelings
Being affectionate
Solving problems



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We all need to have difficult conversations sometimes. The way you start these conversations will affect the way they go.

There are two ways to start a conversation:

1) A harsh start-up:

A harsh start-up is when you go straight in with a verbal attack: *"You never think about me!"*

The other person is likely to be defensive and you won't get the support you need.

2) A soft start-up:

A soft start-up is a way of asking for something you want without blaming the other person: *"I'm worried about how we're going to get everything done."*

This makes it easier for the other person to listen, so you can sort things out together.


How to practice a soft start-up

Instead of saying: *"You never help out! I have to do everything by myself!"*

Try saying: *"I'm feeling stressed out. I'd really like some help."*

It's the same thing, but it's more likely to get you the help you need.

So, before you start a difficult conversation, ask yourself if there's a better, softer way to start.

 bit.ly/helpful-harmful