

Getting On Better 2022

Arguments are like fire: for parents



When you know how arguments work, you can learn to keep them under control.



Flip the card to find out how.

The logs



What issues do you argue about most?

The match



What usually starts an argument?

The fuel



What makes it worse?
Are you fueling the fire?

The water



What helps calm things down?

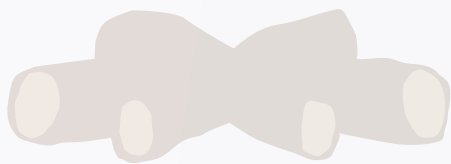
Arguments are like fire: for parents

1) You can think of arguments like a fire.

The logs are the things you argue about most. Even when you're getting on well, the logs are still there.

Some common ones are:

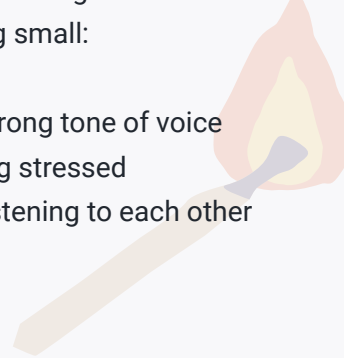
- Money
- Friends
- Housework
- Sex
- Children



bit.ly/logsandfire

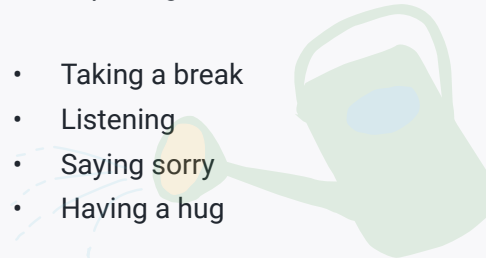
2) The match can be anything that starts an argument. It's often something small:

- The wrong tone of voice
- Feeling stressed
- Not listening to each other



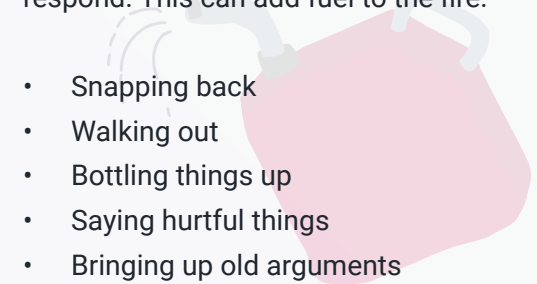
4) There are also things we can do to stop the argument getting worse. This is like putting water on the fire:

- Taking a break
- Listening
- Saying sorry
- Having a hug



3) Once the argument has started, we can make things worse by the way we respond. This can add fuel to the fire:

- Snapping back
- Walking out
- Bottling things up
- Saying hurtful things
- Bringing up old arguments



Here's a few things to try:

- a) Can you think of what your logs are?
- b) The next time you argue, see if you can tell when you're pouring fuel.
- c) Think about ways you could pour water, and try them out.