

SIX STEPS FOR SOLVING RELATIONSHIP PROBLEMS

1. Think straight, don't overreact or under-react:
 - Stay calm, the emotional mind reacts 6 seconds quicker than the thinking mind so stay calm by focusing on your breathing
 - Check your self-talk for unhelpful thinking and beliefs
 - Use a coping statement.
 - Use a scale of 1 to 10 to determine importance of the concern
2. Communicate effectively:
 - Use I statements, When you did X, I felt Y and the impact was Z
 - Listen to your partner's perspective
 - Validate your partner's perspective- validation doesn't mean agreeing- it just means that you understand their perspective
3. Maybe, make a request:
 - Clear, specific, and positive
 - A statement about what you would like to see happen.
 - Acknowledge that you have the right to ask you partner to do/ stop doing and that your partner has the right to make a choice about this request
4. Maybe, start problem-solving together:
 - Think up as many possible solutions to the problem
 - No criticism, no questions, no explanations → evaluate later
 - Look for a win-win solution: one that meets everyone's needs.
5. If necessary, stop arguing:
 - Stop discussion and start again when emotions have cooled down.
6. Evaluate the solutions:
 - Come back and ask one another "It is working?"
 - If not, return to step 2.



*"Problems arise from differences,
not from faults in the other person or yourself"*