



Information Sheet

Arguments¹

Do you feel frustrated with arguments? Here are some top tips for dealing with arguments with friends and family!

Remember that people can be good friends although they have different opinions.

Try to be respectful (and nice) to the other person. We all have different thoughts because we are human.

Sometimes one of you may need a few minutes alone to take on board what has been said. That is okay.

An argument can be reasonable and without anger, as long as both people are reasonable.

If the other person asks for a few minutes alone, try to respect that and agree upon a time to continue the conversation.

A reasonable agreement will decide a point of fact or agree an outcome.

If you need a few minutes, you should be granted the same respect.

Try not to push the other person's buttons – resolve not to say the one thing that will anger or upset them!

Try to admit when you are wrong - it shows strength, openness and maturity. It is not a sign of weakness!

Use 'we' instead of 'you' or 'me' as it makes you seem more of a unit rather than two people who are against each other.

An (unreasonable) argument that turns into a fight only decides who is the dominant person is over another. It does not solve anything.

¹ Adapted from WikiHow