

Arguments

Do you feel frustrated with arguments? Here are some top tips for dealing with arguments with friends and family!¹

1

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

2

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

3

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

4

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

5

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

6

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

7

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

8

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

9

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

10

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

11

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.

¹Adapted from WikiHow