

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: PRACTICE RELATIONSHIP BUILDING



**Are you finding it hard to build relationships with others due to past/present conflict?
There are ways to deal with conflict while maintaining or building relationships!**

Conflict is inevitable in any relationship from friendships to sibling and marital relationships, especially given the current tumultuous times. Being in close proximity with others for extended periods of time especially if there are differing opinions on current events will often lead to arguments and disagreements. But there are ways that you can both manage the conflict as well as use it to build your relationship and deepen it.

Engaging in conflict management in your relationships is another way of practicing compassion for both yourself and others. By maintaining that relationship you are ensuring that you continue to have a support system around you which is especially important during these uncertain times. Additionally, by trying to be empathetic and understand others, you are practicing compassion to them!

Practice Compassion Today:



1. ARGUMENTS CAN BECOME HEATED QUICKLY. REMEMBER TO USE "I" STATEMENTS TO TALK ABOUT HOW YOU FEEL RATHER THAN ATTACKING THE OTHER PERSON FOR HOW THEY FEEL OR THINK.
2. FOCUS ON THE PRESENT. TRY TO RESOLVE THE ISSUES OCCURRING BETWEEN YOU AND THE OTHER PERSON AT THE MOMENT RATHER THAN BRINGING UP PAST CONFLICTS.
3. UNDERSTAND AND BE WILLING TO FORGIVE THE OTHER PERSON BECAUSE, AS STATED IN STEP #1, ARGUMENTS MAY GET HEATED AND THINGS MAY BE SAID THAT ARE HURTFUL.
4. KNOW WHEN TO TAKE A BREAK. EMOTIONS MAY RUN HIGH IN A DISAGREEMENT AND SOMETIMES THE BEST THING TO DO IS TAKE A BREAK SO THAT THESE EMOTIONS CAN COOL DOWN.
5. MOST IMPORTANTLY, TAKE TIME TO ACTUALLY THINK ABOUT THE OTHER PERSON'S PERSPECTIVE. THIS IS WHERE THE RELATIONSHIP BUILDING CAN OCCUR, IN TRYING TO UNDERSTAND THAT PERSON.



Parent Practice Tip:

Children often need help with conflict management in their relationships with siblings and friends. Help them to utilize the tips above to build relationship skills.

To Learn More:

What is Compassion?
"I" Statements
Conflict Management

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