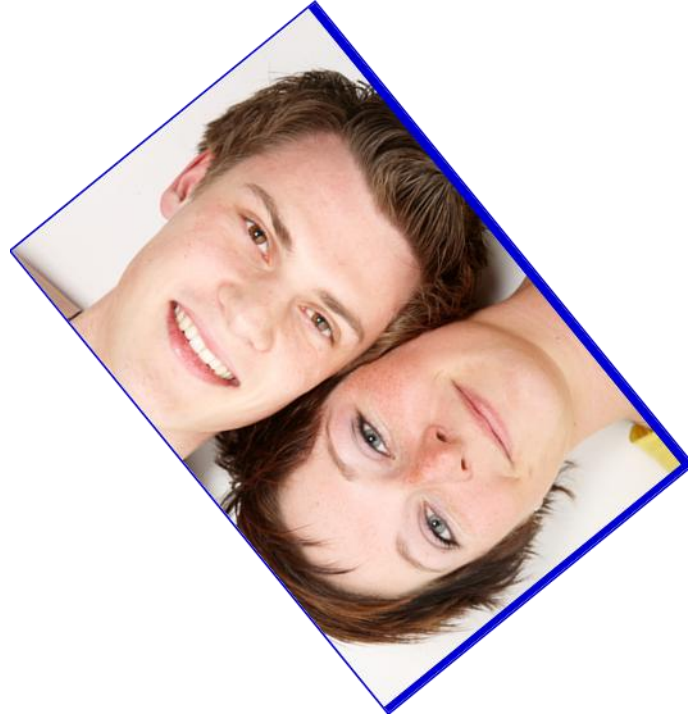


Guidelines for Healthy Arguments

Stable partnerships need 5 times as many positive interactions as negative ones

Verbal fights activate the body's fight / flight / freeze response, flooding your system with adrenaline

It takes about 20 minutes for the body's nervous system to calm down after a heated argument



Where Arguments Come From

- The need to feel important, or to *be right*
- The desire to feel appreciated, respected, valued
- The attempt to get or keep attention, feeling unheard
- Fear of losing something precious or vital
- Inability to trust, giving in to paranoia and suspicion
- Old family patterns of dealing with disagreement
- Clashing values, or views on how things *should* be

Fight Fair

1. Don't physically attack, threatening, intimidate, or use over-powering words, gestures, or postures.
2. Express frustration safely – without emotional abuse, sarcasm, mean spiritedness, or shaming.
3. Say: this is how I feel... this is how I see it...this is what I need....this is what I'd like...
4. Listen to the other as you want to be listened to – with respect, openness, and fair feedback.
5. Plan the time to argue. Write out your points and hoped for result. Agree to disagree if necessary.
6. Keep the fight on the point -- argue about just one thing at a time. Don't "save up" irritations.

When You Feel Yourself Losing Control:

- Take a time out & physically leave the room
- Disclose what you really fear
- Defuse tension with humor if possible
- State what you really want

Find out what you're *really* arguing about

Get more tips at www.yourwebsite.com

Or talk with a licensed psychologist today

Call Dr Susan M. Stasek at 815-828-4795



Susan M. Stasek, PsyD, helps couples strengthen their relationship, argue productively, and regain intimate connection. Her tools and techniques teach how to discuss disagreements without endangering your connection. Her office is in the Northshore area of metro Chicago. Dr. Stasek is most easily reached by phone at 815-828-4795 or by email at Help@DrSStasek.com