Arguing Well

Quarreling and disagreeing
are a normal part
of all relationships,
learn to argue well.

Find out what the problem is. **Listen well**.
Stick to the one issue.

Address the problem:
Don't attack the person.

Seek to **understand** the other's point of view.

Show **caring** for each other's feelings.
Postpone when it gets to be too much.

Remain responsible for what you say and do.

Put the argument behind you.
Make repairs. Show appreciation.

Syracuse University
Promoting Child Welfare: Training Professionals to Support Healthy Marriages, Relationships and Families
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