

Tips to Conflict Resolution in Healthy Relationships

A good relationship is more than something we want—it's something we need to be our happiest, healthiest, most productive selves. Conflict is a normal part of any healthy relationship and learning how to deal with conflict in a respectful, positive way provides an opportunity to strengthen the bond between two people.

- **Listen for what is felt as well as said** - When we listen we connect more deeply to our own needs and emotions, and to those of other people. Listening also strengthens us, informs us, and makes it easier for others to hear us when it's our turn to speak.
- **Make resolution a priority, rather than “being right”** - Maintaining and strengthening the relationship rather than “winning” the argument, should always be your first priority. Be respectful of the other person and his or her viewpoint.
- **Focus on the present** - If you're holding on to grudges based on past resentments, your ability to see the reality of the current situation will be impaired. Rather than looking to the past and assigning blame focus on what you can do in the here-and-now to solve the problem.
- **Pick your battles** - Conflicts can be draining, so it's important to consider whether the issue is really worth your time and energy. Maybe you don't want to surrender a parking space if you've been circling for 15 minutes, but if there are dozens of empty spots, arguing over a space isn't worth it.
- **Be willing to forgive** - Resolving conflict is impossible if you're unwilling or unable to forgive. Resolution lies in releasing the urge to punish, which can never compensate for our losses and only adds to our injury by further depleting and draining our lives.
- **Know when to let go** - If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.



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