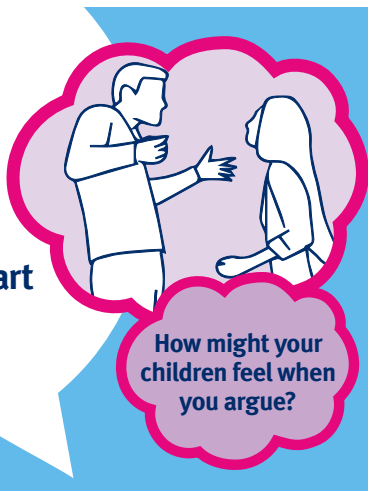
Pause.
Share it.
Solve it.

A good place to start is to think about...



- What happens when you argue?
- Is it always about the same thing or lots of different things?
- How do you both react?
- What triggers the arguments?
- Is this the right time to tackle the issue?

Pause.
Share it.
Solve it.

It helps to see the other person's point of view...

- Consider using 'I feel' instead of 'you did/said'
- Truly listen to the other person
- Stop trying to get your own way
- Reach a compromise
- If you feel that you haven't handled things well then tell the other person this
- Leave the argument where it is and pick the discussion up at another time.

Pause.
Share it.
Solve it.

Once you have clarity on the issue you might want to consider...

- Is there a practical solution to who does what (e.g. Finances, childcare, housework, rotas etc)?
- Check that you both agree/agree to disagree with the solution
- What small things can you both change?
- How can you both ensure things are shared fairly?
- When things are calm ask each other what you did that was different and what effect this had.