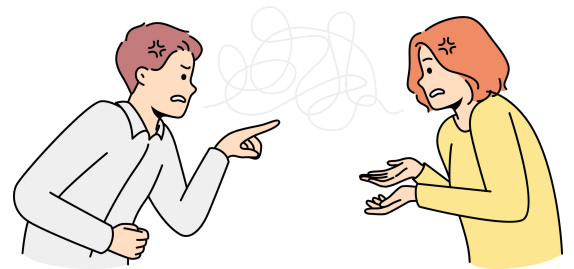


CONFLICT RESOLUTION IN RELATIONSHIPS PART 2: VIEWING THE WORLD FROM YOUR PARTNER'S LENS

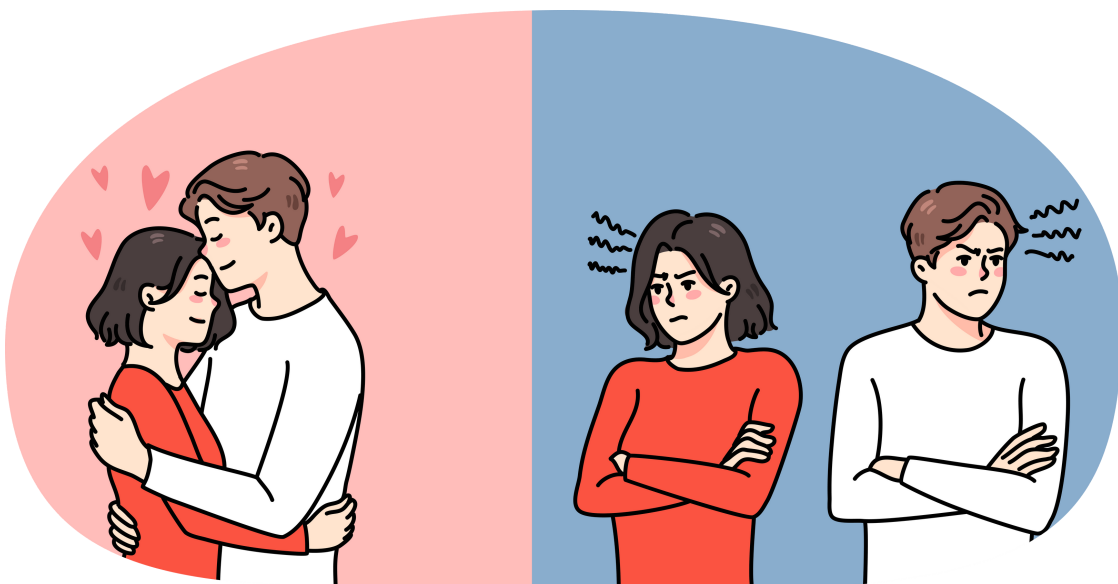
When you find yourself in a conflict, it's easy to get stuck in the web of your own point of view. You may also think, **"I am right! They are just not ready to understand!"** But the truth is, understanding each other's perspectives and empathising with your loved one can be a game-changer in strengthening your relationship and helping you navigate out of the conflict.



It's essential to step into each other's shoes to understand your partner's perspective and vice versa.

When you take a step to view the world from their eyes, feel what they are feeling, and grasp the impact of the conflict on their emotions, you open up a whole new world of empathy and understanding- the two swords that can help you slash conflicts as a team!

And to help you deal with a conflict by enabling you to step into your loved one's shoes, we have JUST the activity for you!



THE EMPATHY SWAP-A-ROO: A ROLE REVERSAL EXTRAVAGANZA!

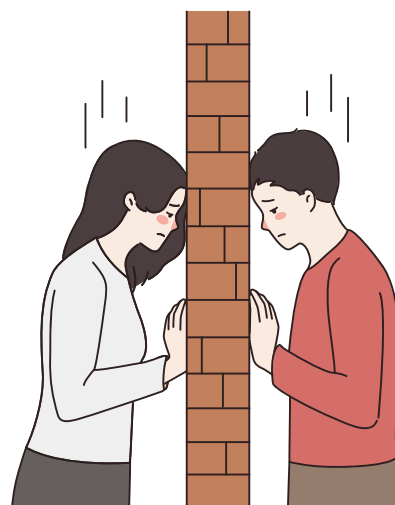
This activity will help you and your loved one take off on a journey of healthy communication, mutual understanding, and a more loving relationship.

So let's get started!

Step 1: Choose a conflict or a disagreement that you would like to discuss

Think of a time when you and your loved one had a disagreement in the past. It could be about a disagreement about certain chores, expectations, or any other topic that caused tension between you. Remember to not go into a fight mode when you start this activity.

The purpose of this activity is not to clarify who is right or wrong, but to understand each other's perspectives.

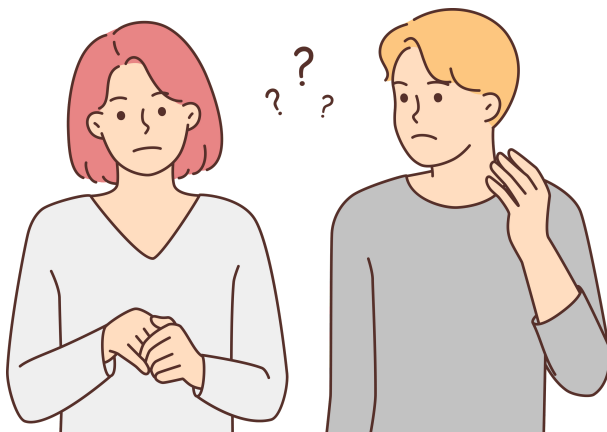


Step 2: Set the Stage

Look for a comfortable, **warm, and welcoming place where you both feel relaxed and open to having a conversation.** Ensure that you both are willing to understand each other without any judgment.

Step 3: Who will go first?

Figure out **who will start as the "conflict initiator"** and **who will be the "conflict resolver."** You can take turns or decide together.

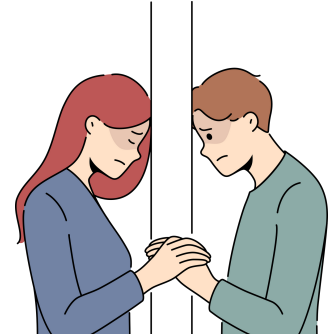


Step 4: Start with the conflict initiator's perspective

The conflict initiator should pretend to be the loved one (currently playing the role of conflict resolver). This includes thinking from their loved one's point of view and expressing their loved one's feelings about the conflict. Try using your their way of talking, body language, and words to make it more authentic.

Step 5: The conflict resolver's turn

As a conflict resolver, practise active listening, empathy, and express understanding. Put yourself in your loved one's shoes and try to understand their emotions and concerns. Try and avoid interrupting your loved one or getting defensive.



Step 6: Acknowledge & reflect

Once the conflict initiator has finished expressing their concerns, take a pause.

As the conflict resolver, summarise your loved one's feelings and validate their emotions. You can say things like, "It seems like you're feeling..." or "I understand why you would be frustrated..."

You may not agree with what the other person may have said and that's okay. You can express your view when your turn comes!

Step 7: Switch roles & repeat

Now it's time to switch roles!

Swap your roles as a conflict initiator and conflict resolver.

Step 8: How was the experience?



After both of you have played both roles, take a moment to talk about the experience. Share how it felt to step into each other's shoes and express the other person's perspective.

Discuss any insights or deeper understanding you gained.

Step 9: What did you learn?

Now, take some time to discuss what you learned from this role reversal game. How can it help you resolve conflicts better in the future? Are there any specific strategies or ways of communicating that you can use to understand each other's perspectives better and find common ground?

For example, you may want your partner to try and be more open about their feelings while playing this game so that you understand their point of view better.

Step 10: Express gratitude towards your partner

Wrap up the activity by expressing gratitude and acknowledging each other's time and willingness to solve the conflict. Appreciate the effort and vulnerability it took to step into each other's roles and explore different perspectives.

Remember, conflicts are just bumps on the road of any relationship. With a sprinkle of empathy and a dash of understanding and willingness, you can navigate them smoothly and build an even stronger bond with your partner.



If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.