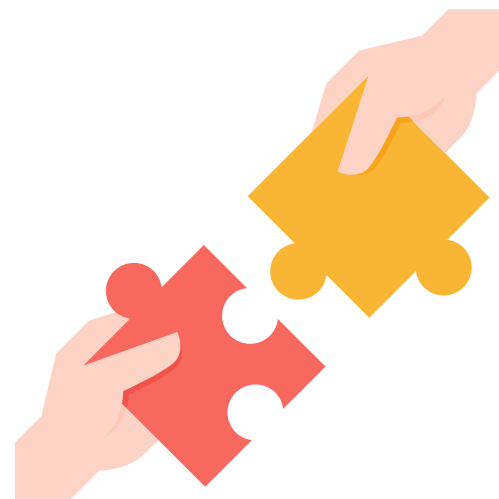


RESOLVING CONFLICTS IN RELATIONSHIPS

Conflicts are a natural part of any relationship. But in a conflict, how do you address your concerns to deepen your relationship? Think of conflicts as chances for learning and understanding each other better.

They are similar to unsolved puzzles, with each piece standing for a different feeling. When you tackle these conflicts head-on, you and your loved ones are solving those challenging puzzle pieces together and strengthening your relationship.



Most conflicts start with expressing your concerns or criticisms. And, most of the time, if that is done in a way that doesn't make your loved one feel attacked and shows them where you are coming from, the conflict won't even take birth!

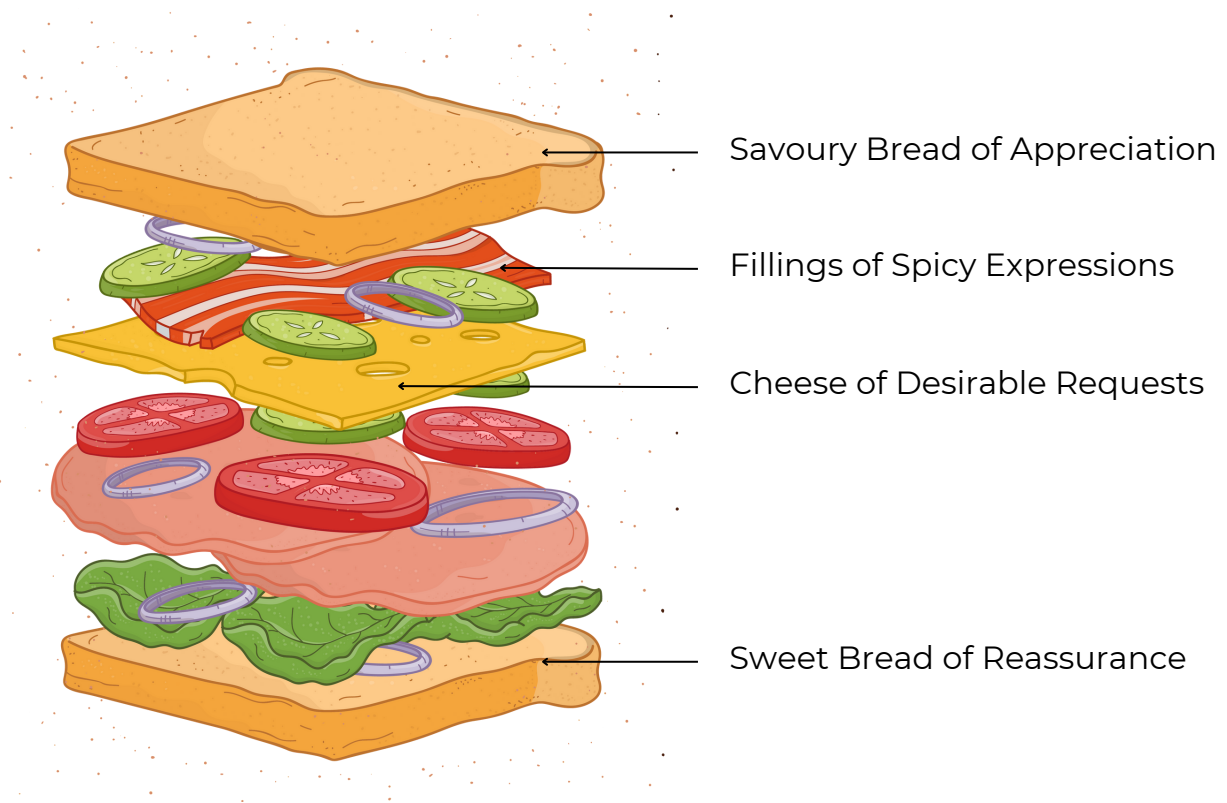
Communicating your concerns in the right way can help you and your loved ones understand and express your feelings better. **To help you convey your concerns to your loved one politely, we've got an exciting technique for you!**



SAY HELLO TO THE CONFLICT SANDWICH!

This activity will help you and your loved ones to unravel the mysteries of a conflict from each other's eyes (read: shoes) and embark upon a journey of healthy communication, mutual understanding, and a more loving relationship.

So let's get started!



Just like a tasty sandwich with layers of deliciousness, this method combines appreciation, open communication about the issue, and support to create a constructive and understanding dialogue.



Let's dive in and discover how this technique can transform your conflicts into opportunities for growth, understanding, and stronger connections.

Start with appreciation:

Season your conversation with a generous serving of gratitude! Initiate the conversation by expressing gratitude for your loved one's admirable qualities and actions. Talk about their strengths and what they bring to the table in this relationship. This will help you foster a positive environment and show that you value your loved one and your relationship.

Example: *"I really want to take a moment to point out how I truly appreciate how supportive and caring you are as a partner. I genuinely love the efforts you make to make our relationship special."*



Express your feelings and concerns:

Add a dash of courage and spice to share your feelings and thoughts! Don't forget to mention what has hurt you in particular. To avoid sounding like you are blaming your loved one, use "I" phrases to describe how that problem affected you personally.

Example: *"Your previous comment regarding how I looked hurt me and made me feel self-conscious. I care about our relationship and want us to talk in a way that doesn't undermine the other person or feel like an insult to either of us."*



Communicate your needs and expectations:

Stack your sandwich high with nourishing requests for positive change! Give your loved one a clear explanation of what you require to resolve the disagreement or stop the recurrence of similar problems. Talk about the specific actions or behaviours that can help you overcome the problem.

Example: *"I would like it if we could talk about our feelings openly and honestly without making hurtful comments. It would be helpful if we could boost one other's self-esteem when talking about sensitive topics."*



End with affirmation and reassurance:

Add a sprinkle of sweetness for that perfect balance! Reiterate your dedication to the partnership and your readiness to cooperate to find a solution as you end the chat. Give the other person your support and assurance to make them truly valued and understood.

Example: *"I believe in our relationship, and I am sure we can resolve disagreements through respectful and open communication. Let's cooperate to find a fix to this problem and build a stronger, more encouraging dynamic."*



Using this sandwich method, you can effectively voice your concerns during conflicts while maintaining an empathetic and compassionate front.

It will allow you to communicate your feelings, needs, and expectations in a way that encourages understanding and resolution rather than blames and accusations.

Remember, the key is approaching the conversation with empathy and a genuine desire to find a solution together.

After all, it's your relationship vs. the problem and not you vs. your loved one!

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.