



Keeping arguments healthy

There are points in every relationship when difficult conversations are needed. How you behave in these conversations has an impact on how healthy your arguments remain.

Healthy arguments are good for your relationship

- ✓ Work together.
- ✓ Be affectionate.
- ✓ Understand differences.
- ✓ Seek solutions.

Unhealthy arguments are bad for your relationship

- ✗ The blame game.
- ✗ Name-calling.
- ✗ Trying to win.
- ✗ Focusing on negatives.





Starting difficult conversations

Start softly. Use language which doesn't push the blame on to your partner. This will help them to listen and hear what you are saying.



Staying positive



Focus on what you love about each other. Start sentences with "I..." to share how you feel rather than pushing criticism onto your partner. This will help keep the discussions positive.



Focusing on solutions

Talk to each other using an open and honest approach. Focus on pragmatic solutions that you can put in place both individually and jointly.



Thinking openly



When talking, think beyond the current situation. Consider how you feel away from this moment. Keep thinking about this to help see past the here and now.



In partnership with



THE LONDON BOROUGH