

Conflict and Arguing Fairly

Module 03



Arguing is not communicating. Most conflicts start by lack of communication and planning.

Taking time to prepare and plan will help eliminate problems and confusion. Which will eliminate arguing.

Ensure to listen and understand each role and responsibilities.

Remember your a TEAM.

Conflict and Arguing Fairly

Personality traits. Answer the Following questions that represent your personal behavior. Then Identify which of the following you need to work on to become the best version of yourself.

Description	Yes	No
When it comes to discussing a conflict do I argue fairly?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have show anger with my body language?	<input type="checkbox"/>	<input type="checkbox"/>
Do I always blame my partner for unsolved issues?	<input type="checkbox"/>	<input type="checkbox"/>
Do I ignore the problems than trying to fix them?	<input type="checkbox"/>	<input type="checkbox"/>
Do I manipulate or make my partner feel guilty?	<input type="checkbox"/>	<input type="checkbox"/>
Do I send threats when we are arguing?	<input type="checkbox"/>	<input type="checkbox"/>
Do I let my ego get in the way of making a decision?	<input type="checkbox"/>	<input type="checkbox"/>

This exercise is to understand your behavior and to start making changes. Remember it is important to be honest and say your truth.



Find Common Ground

It is important to discuss your issues in a mature manner to avoid issues.

Example:

- All issues that you both have identified
- Issues you feel would be difficult to compromise on
- Issues you can compromise on

- Write down your issue
- Write down your options
- Write down your action plan

Couples need to work as a team to ensure all issues are resolved.

This is an important skill to practice at home, work and as a family.

TEAM WORK

Find Common Ground

Issue we have Identified. One (1) issue at a time

An issue I feel are to difficult to compromise on and action plan

Issue I can compromise on and create an action plan

Find Common Ground

Issue we have Identified (1) Issue at a time

Issue I feel are to difficult to compromise on and action plan

Issue I can compromise on and action plan

Solving Problems as a Couple

Module

04



Solving day to day problems are helpful for when you have bigger problems to solve. It helps to eliminate stress and helps the family dynamics.

A relationship is like running a ship. To ensure everything runs smoothly it is important to have all the components of a home in order.

Running an effective household is part of everyone's responsibilities.

Remember your a TEAM.



Solvable vs Unsolvable

Unsolvable relationship problems are generally related to your requirements. Whether you know them or not, you do have non-negotiable requirements that **MUST** be met in order for a relationship to work for you.

If **ONE** is missing the relationship will not work for you.

Requirements are the relationship breakers, but we often confuse them with needs and wants, and treat them as equal.

For example, a couple will argue about having children or not (which is probably a requirement for at least one partner), and will argue about who forgot to pay the gas bill (a functional need), and they both seem pretty stressful and interfere with the relationship working.

The difference is that paying bills is negotiable and there are many ways to work that out, where having children is pretty non-negotiable for most people, who either want children or don't, and if they are not in alignment they have an unsolvable problem.



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Problem Solving

Step One: With your partner, create a shared list of issues.

Step Two: Individually make a list of any issues that you feel would be difficult for you to compromise on. Try to make this list as small as possible.

Step Three: Make a list of any issues you feel you would be able to compromise on. Try to make this list as large as possible.

Step Four: Share your lists with each other. Take a gentle, loving approach to sharing, each taking turns with the Speaker and Listener roles, as you share your lists.

Ask yourselves the following questions:

- What do we agree on?
- What are our common feelings, or the most important feelings?
- What common goals do we have?
- How can we better understand this situation, or this issue?
- How do we think these goals should be accomplished?

Step Five: Identify the common ground and list them.

Step Six: Identify the differences - areas that need further discussion or work.

Step Seven: With acceptance and respect for your differences, discuss how to create a win/win solution that is acceptable to both of you.



Problem Solving

01 Understand and define the problem

02 Create a plan

03 Take action

04 Review

Additional Notes

Time Management

Time management is about more than just managing our time; it is about managing ourselves in relation to time.

It is about setting priorities and taking charge.

It means changing habits or activities that cause us to waste time.

It means being willing to experiment with different methods and ideas to enable you to find the best way to make maximum use of time.

Being organized helps eliminate stress in your personal life, work and relationship.



Your Daily Planner

Keeping track of your schedule, events, etc. is very helpful to eliminate stress.

TASK DETAILS

IMPORTANT TO DO'S

THINGS TO DO

SCHEDULE

PENDING

Daily Planner

Date :

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 AM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	

Year At Glance

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Monthly Planner

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Note :



Weekly Schedule

Create a weekly schedule

MON

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TUE

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WED

--

THU

--

FRI

--

SAT

--

SUN

--

Date :

WEEKS GOAL

PRIORITIES

REVIEW

NOTES

Additional Notes
