

HEALTHY CONFLICT RESOLUTION STRATEGIES

Conflict is a natural part of any relationship. Healthy conflict resolution means finding peaceful, respectful ways to solve disagreements without hurting one another.



Stay Calm and Listen First

- ✓ Emotions can cloud judgment.
- ✓ Take a deep breath before reacting.
- ✓ Listen to understand — not to reply.
- ✓ When both sides feel heard, tension naturally decreases and understanding grows

Use “I” Statements

- ✓ Instead of blaming, express how you feel and what you need.
- ✓ Say: “I feel hurt when I’m ignored.”
Avoid: “You never listen to me.”
- ✓ This reduces defensiveness and keeps the focus on the issue, not the person.



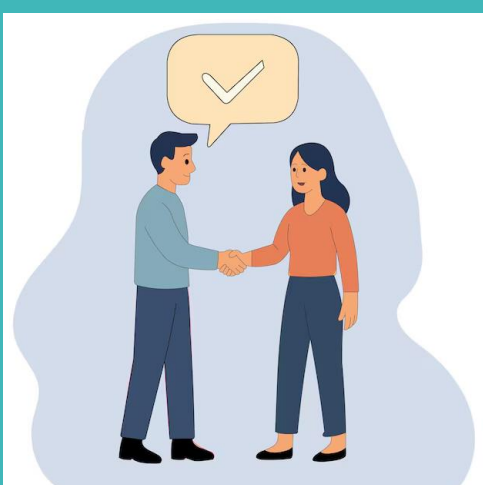
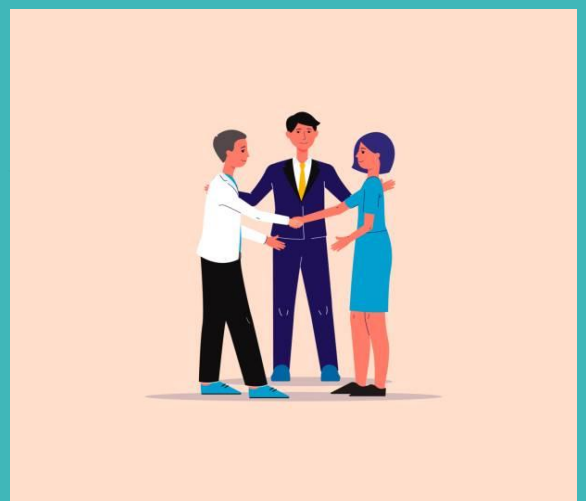
Seek Common Ground

- ✓ Focus on finding solutions, not winning arguments.
- ✓ Ask: “What can we both agree on?”
- ✓ Compromise shows maturity and builds mutual respect.



Avoid Negative Communication

- ✓ Name-calling, shouting, or bringing up old issues only makes things worse.
- ✓ Choose your words wisely, and if emotions rise, take a short break to cool down before continuing the discussion.



Forgive and Move Forward

- ✓ Holding grudges traps you in the past.
- ✓ Forgiveness doesn’t mean forgetting — it means letting go of resentment and choosing peace.
- ✓ Learn from the disagreement and commit to better communication next time.

“Peace is not the absence of conflict, but the ability to handle conflict peacefully.” – Ronald Reagan