

STOP



FIGHTING WITH YOUR SPOUSE

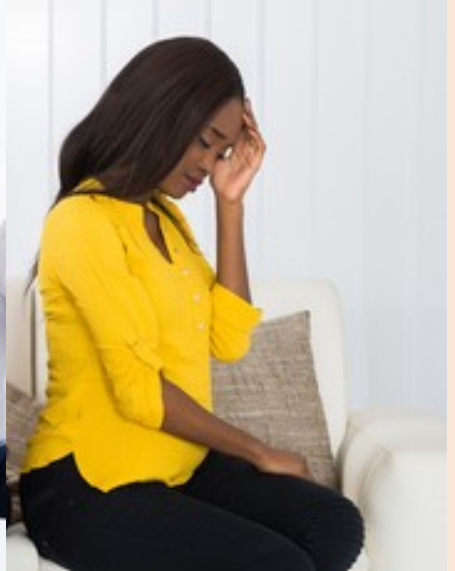


A SEVEN DAY GUIDE TO LEARNING

How to deal with common issues, argue constructively, respect each other's views, attack the issue and not yourselves.



STOP FIGHTING WITH YOUR SPOUSE



IN 7 DAYS

The PREVIEW

DAY 1

TAKE A MOMENT BEFORE YOU RESPOND

When you're emotionally charged and in the heat of the moment, it's difficult to think before you speak. However, stopping before.....



DAY 2

AVOID "YOU" WORDS IN FAVOR OF "I" REMARKS.

Why start with 'I'?
Starting a sentence with 'I' helps us talk about difficult feelings, say how the problem is affecting us and stops.....



The PREVIEW

DAY 3

AVOID PERSONAL ATTACKS ON YOUR SPOUSE

Unfortunately, conflicts frequently devolve into personal attacks (think name-calling, attacking someone's essence or appearance)—which is.....



DAY 4

FOCUS ON THE REAL ISSUE

Focusing on the matter takes practice and, in heated arguments, can be almost impossible. But, rather than repeatedly asking yourself.....



Read More on:

www.bolaolawale.com

The PREVIEW

DAY 5

LISTEN MORE AND SPEAK LESS

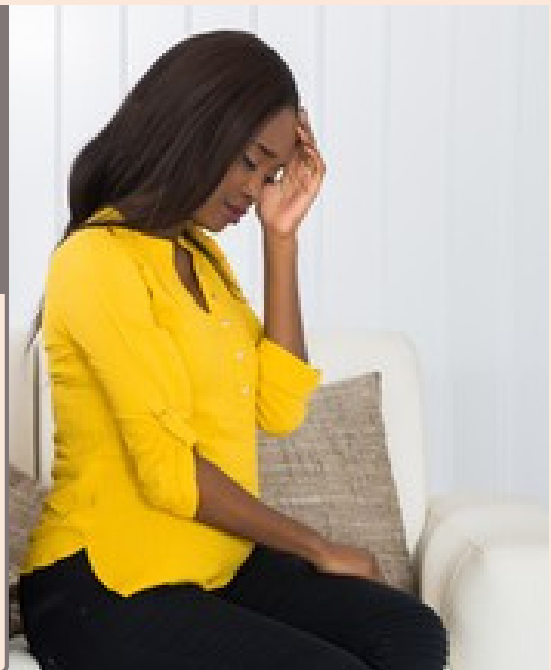
When we dispute, our natural inclination is to speak more than listen. We're so focused on communicating our emotions that we may overlook the.....



DAY 6

MODIFY WHAT YOU SAY AND HOW YOU SAY IT

The reality is that the majority of us recycle arguments and can almost precisely predict our partner's response, as if the encounter had been



The PREVIEW

DAY 7

DO NOT USE SILENCE AS A WEAPON

In general, the silent treatment is a manipulation tactic that can leave important issues in a relationship unresolved. It also can leave the partner on.....



That's a wrap!

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