



HOW TO STOP AN ARGUMENT

You'd think it'd be easy to stop a fight before it gets out of control, but it's not. Here's everything you need to know to interrupt destructive conflict.

KNOW YOURSELF



Most of us are wired to respond to conflict by escalating or shutting down. If you escalate, your partner will feel overwhelmed. If you shut down, your partner will feel abandoned. Know which one you are so you can take care of yourself and your partner during conflict.

AFFIRMATION



If you're the type who shuts down, it's because you're wired to need a calm environment for conflict-resolution. Give your partner an affirmation, like "**I care about this conversation,**" before leaving the argument.

OWN YOUR FEELINGS



Shut-down partners blame their lovers during conflict with phrases like, "**You're getting out of control,**" when really they you out of control, which is why you need a break. Own how you feel. Tell your partner, "**I feel overwhelmed,**" regardless of how they're behaving.

COME BACK



One of the reasons conflict-dominant partners escalate is because they don't believe you'll come back. Help your partner by telling them when you'll return. Say, "I'll be back in an hour to talk with you again." Then come back. If you're not ready, request more time.

GIVE SPACE



If you're the type to escalate, you'll probably think your partner is abandoning you, but they're not. They just need space. You need to give it. Don't chase or pursue or be angry. Just breathe and let them go. They'll come back if you've let them go peacefully.