

Getting on Better (2023)

Arguments are like fire



The LOGS



What issues do you argue about most?



The MATCH



What usually starts an argument?



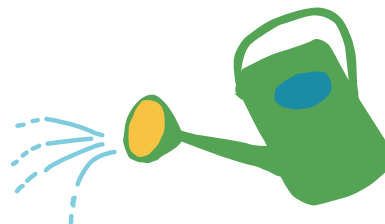
The FUEL



What makes it worse?
Are you fuelling the fire?



The WATER



What helps calm things down?



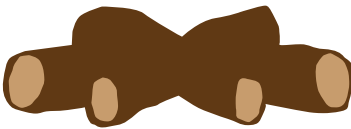
Arguments are like fire

1) You can think of arguments as a fire.

The **LOGS** are the things you argue about most. Even when you're getting on well, the logs are still there.

Some common ones are:

- Money.
- Friends.
- Housework.
- Sex.
- Children.



Scan the QR code or visit bit.ly/logsandfire to watch the relevant video clip

2) The **MATCH** can be anything that starts an argument. It's often something small:

- The wrong tone of voice.
- Feeling stressed.
- Not listening to each other.



3) Once the argument has started, we can make things worse by the way we respond. This can **ADD FUEL** to the fire:

- Raising your voice.
- Walking out.
- Bottling things up.
- Saying hurtful things.
- Bringing up old arguments.



4) There are also things we can do to stop the argument getting worse. This is like putting **WATER** on the fire.

- Taking a break.
- Listening.
- Saying sorry.
- Having a hug.



A few things to try:

- Think about what your logs might be.
- Next time you argue, try to notice when you're adding fuel.
 - See if you can water things down before the argument escalates.