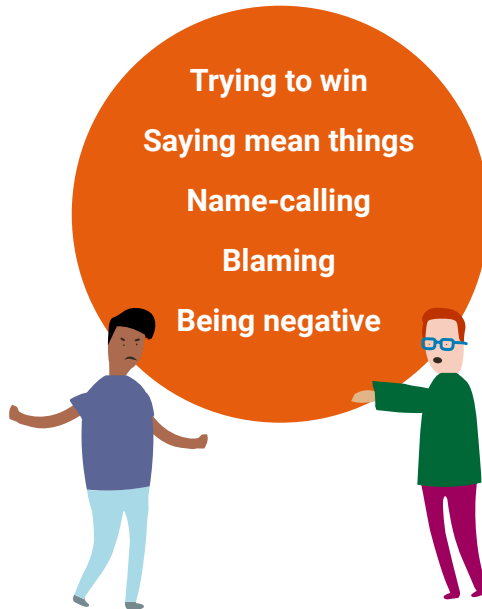


Getting on Better (2023)

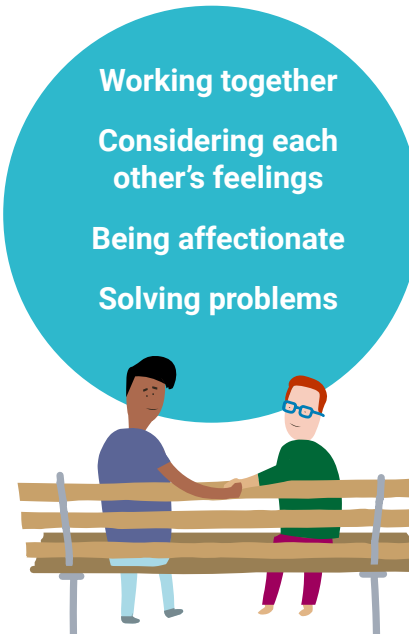
Harmful and helpful arguments



HARMFUL arguments can be BAD for your relationship



HELPFUL arguments can be GOOD for your relationship



Harmful and helpful arguments

We all need to have difficult conversations sometimes.

The way you start these conversations can affect the way they go.

1) A harsh start up

A harsh start-up is when you go straight in with a verbal attack:
"You never think about me!"

The other person is likely to be defensive and you won't get the support you need.



Scan the QR code or visit bit.ly/helpful-harmful to watch the relevant video clip

2) A soft start up

A soft start-up is a way of asking for something you want without blaming the other person:

"I'm worried about how we're going to get everything done."

This makes it easier for the other person to listen, so you can sort things out together.

Soft start-ups often begin with "I". Instead of focusing on what the other person is doing wrong, focus on how you feel and what you need.

How to practice a soft start up:

Instead of saying:

"You never help out! I have to do everything by myself!"

Try saying:

"I'm feeling stressed out. I'd really like some help."

It's the same thing, but it's more likely to get you the help you need.

So, before you start a difficult conversation, ask yourself if there's a softer way to start.