

Tips for Resolving Your Conflicts

By Susan Pacyga LICSW, LMFT

1. Identify what the *real* issue is. Write down the possible reasons for the problem.
2. Talk about your feelings.
 - Say what you are feeling without blaming anyone else. This can help diffuse anger and frustration and lead to more rational thinking.
 - Practice telling the other person what you heard them say so you understand each other well.
 - Recognize that you can grow from seeing and understanding another perspective.
 - Be respectful of one another.
3. Decide on a plan.
 - The plan is meant to take into account the needs of those involved.
 - Be flexible. Let go of having it *all* go your way. Focus on what is *most* important in terms of the outcome you want.
 - Imagine together how it will be when you have exactly what you really want.
4. Work the plan.
 - Put sincere effort into making the plan work. It can take time and extra energy to change old habits.
 - See yourself and the other as working together to create the best outcome.
5. Review your progress by coming back together to discuss how things are going. Modify the plan as needed and celebrate your success!

Susan Pacyga, LICSW, LMFT

InnerLight Healing Center 17305 Cedar Ave. So. #230 Lakeville, MN. 55044

952-435-4144 www.counselingandhealing.com

