

# 3 Simple steps to avoiding the same argument



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Remember the movie ground hogs day, where Bill Murray continually wakes up and it is the same day? There are certain issues in relationships that can cause the same argument multiple times, and often we do not know how to stop them. Below are some simple steps to help us step out of the circular arguing, and get to a point that we can fix it.

1.) It doesn't matter who started it...when emotions run high we want to prove our point and it does not matter, the other person is in the wrong! Sound familiar. At some point one or both persons need to understand that it might not matter who started it, the person who steps out of the circle of blaming first, is winning at this point. When we start going back and forth blaming it puts the person on the defense immediately.

2.) Once the break is over, and you are able to hear what started the argument in the first place look at the bigger picture... "He doesn't put his clothes in the hamper" the bigger picture: I need you to pick up after yourself to help me. "She doesn't do the dishes" the bigger picture: I need more help with the cleaning. Often times we start with the little things then add more that we want accomplished. Sometimes it is better to start with the bigger picture, then give specific examples of what they can do to implement the change.

3.) Acknowledge the changes and effort! Even if you need more, change is change. The person may not be doing what you need them to exactly, but they are putting effort towards it, and that shows you that they care. Studies show that acknowledging the positives (positive reinforcement), can increase change quicker. This does not mean that you will have the change overnight, however it is a start. When the other person stops feeling blamed, and starts feeling heard and acknowledged it can make a big difference.

This may not seem like much but using these three simple steps can go a long way.

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