



FROM CONFLICT TO PEACE

10 ways to resolve interpersonal
conflict & feel better instantly

Todd Creager Therapist, Coach, Speaker & Best Selling Author



Use this checklist and be prepared next time you find yourself in a situation where opinions vary, the stakes are high and emotions run strong.

It puts the power back into your hands to both tell the truth and have a relationship with the person afterwards....



Inhale...Pause/Exhale...Pause

Breathe like this anytime the other person is “pushing your buttons” and you feel your stress level rising. Breathe into your abdominal cavity and not your chest and exhale all the way out and pause before you breathe in again.



Take your power back by NOT reacting

As you breathe as in # 1 above, relax your belly, your face, neck and shoulders. For a moment just drop your agenda and not try to change the other person or anything else.



Practice listening by continuing to drop your agenda temporarily and focus totally on the other person.

Just make that your intention and the actions get easier. As you focus on the other and wait your turn, you are now the one in control of the dialog. Just remember that listening is POWERFUL!





Focus on your heart area

Consciously open up your heart area. Be open when your instincts tell you to close.



Practice the Disarming Technique.

Look for the truth in what the other person is saying even if it seems mostly untrue or unfair. For example, if your partner says that you are a poor listener, acknowledge to your partner that there are times when you are a poor listener.



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Imagine what the other person is feeling

Even mention the feeling that you think he or she is feeling. For example- "I could understand how frustrating it is for you to not feel heard." That person will let you know if you are on the right track or not.





Own Your Own Part

Own as much of your part in the conflict or problem as possible. Don't worry about "losing the battle" or taking too much of the responsibility. Often, when you own your part, you have become a positive role model for the other and that person takes responsibility as well.



See the other person as good

It is even more important to see the other person as "basically good" and as an ally when you have conflict than when you are in harmony. Allies in conflict return to harmony much more quickly than enemies. (It's all perception and your perception matters)!



Say something positive

Say something positive about the person you are in conflict with before you "state your position." For example- "You means so much to me and that is why I need to let you know why I am angry."



Be loving and understanding

Decide that it is more important to be loving and understanding than to win. Once you decide that, you will shift the dialogue to a much more positive trajectory.

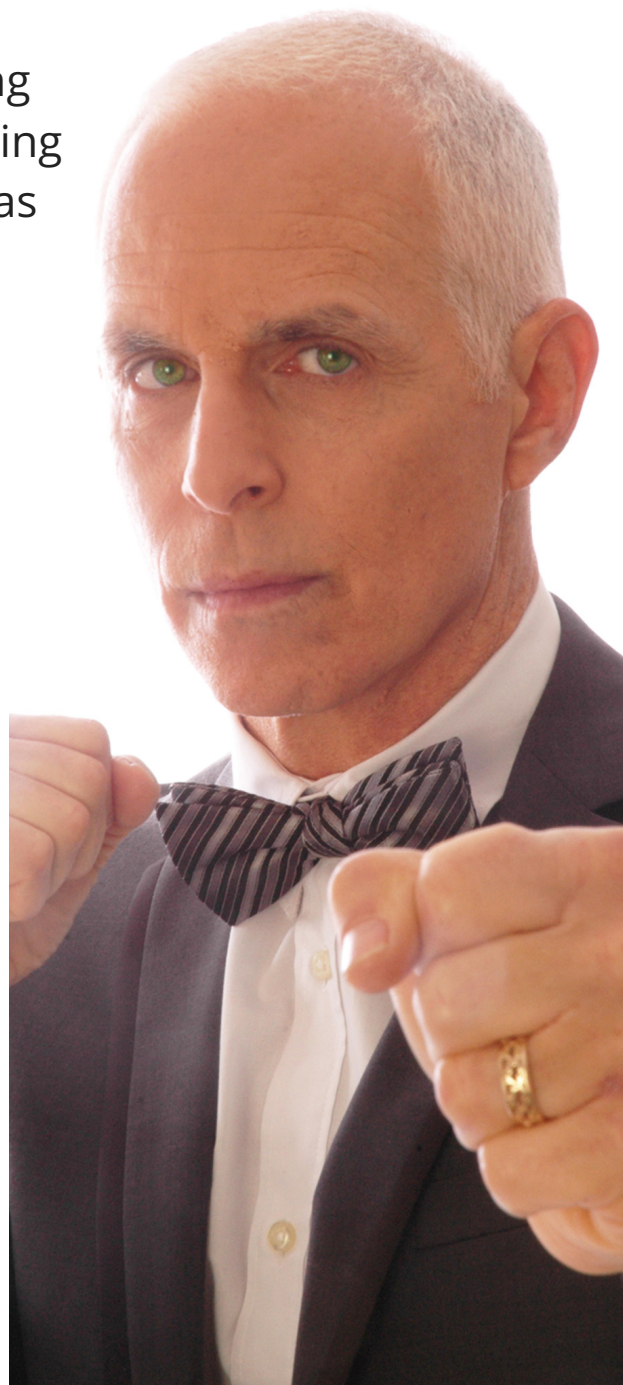


Todd Creager is an experienced relationship therapist & coach

He specializes in marriage, sex and couples counseling. From increasing intimacy, to a 90% success rate helping couples overcome infidelity, Todd has helped countless couples beat the issues that they face and as a result develop a deeper more satisfying relationship with their partner.

Author of the Long Hot Marriage, and Love, Sex and Karaoke: 52 Ways to Ignite your Love Life, Todd spends much of his time helping long-term partners create passionate & thriving relationships. He provides unique and powerful insights that lead to breakthroughs which result in his clients getting closer to each other and getting the love they want.

Need help? Todd can work with you in person, via phone or skype.



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