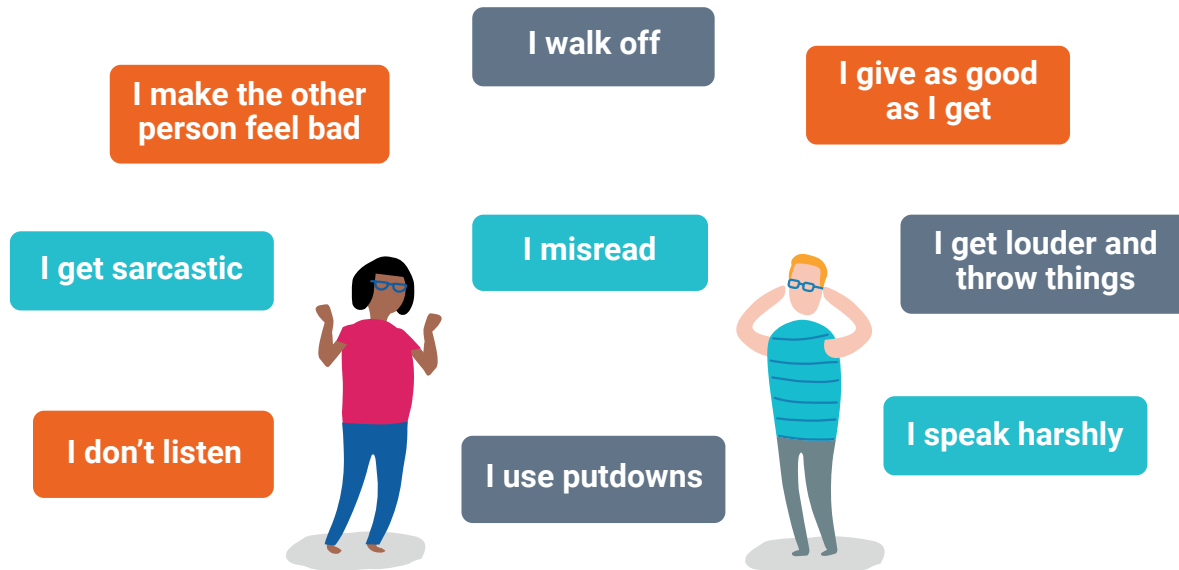


# Getting on Better (2024)

## Conflict styles



➔ Things that people commonly do during an argument.

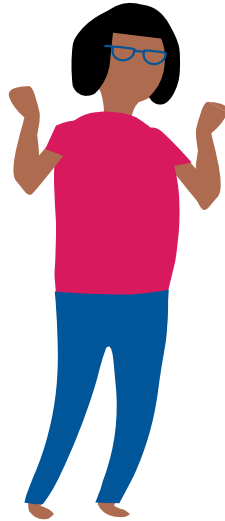


➔ When you can recognise these, you can change the way your arguments play out. Flip the card to find out how.

# Conflict styles

This card shows some common things people do during an argument. Which of these do you do?

- Bottle things up and then launch an attack.
- Get overwhelmed by your feelings.
- Sulk or give the silent treatment.
- Something else?



Think about a recent argument you had with your partner.

- What did you say and do?
- How do you think that made your partner feel?
- What did your partner do in response?
- How did that make you feel?
- If you have children, how do you think this made them feel?



When you are stressed or angry, it's harder to stay calm and in control. Learning to recognise your own behaviour can help you to stop some arguments from getting out of hand.

Scan the QR code or visit  
[bit.ly/conflict-styles-2](https://bit.ly/conflict-styles-2)  
to watch the relevant  
video clip

