



They're listening ... and learning...

Differences of opinions are part of every day family living. Siblings squabble over who will sit in the front seat, couples clash over who will take the garbage out or how to spend the family budget and families feud over something someone said. Disagreements sometimes escalate into arguments that can be destructive, depending on how they're managed. Handled well, arguments can resolve misunderstandings, provide a vent for hurt feelings, uncover solutions and result in stronger relationships.

A code of conduct to live by

Here is an easy, five-step 'code of conduct' that can be applied if an argument seems imminent or you catch yourself exchanging verbal blows with someone. We are each responsible for our own actions but when we choose a code of conduct for ourselves, it does, with time, rub off on those nearest and dearest.

Five simple steps to arguing well...

- A – Ask**, "Is this issue worth arguing over?" You can agree to disagree.
- R – Resist** the urge to retaliate. Instead, focus on the result you want.
- G – Gentle**. Seek a gentle way to say it. It means fewer repairs later.
- U – Unsaid**. Some things are simply better left unsaid. Count to 10 first.
- E – Example**. Remember they're watching...

Redirect your energy

The way people argue affects their health, their relationships and the dynamics of their family. Instead of 'arguing', redirect the energy to **solve problems**. Get help with this if you need it. By negotiating the responsibilities and privileges of the group, you'll be amazed at how the dynamic changes to one of respect and cooperation.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Arguing can be destructive or constructive; it's a choice.
- ✓ Agree to disagree if necessary
- ✓ Above all else, do no harm.

"To find fault is easy; to do better may be difficult."

Plutarch

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women