



# Quality time de-escalates conflict...

Remember the last time bickering and squabbling started to rise at home and conflict over seemingly little things got in the way of feeling loved and connected? It feels horrible for everyone when this happens. Often the natural reaction of this 'irritation' is to start blaming or shaming someone for what's going wrong. What if nothing were wrong other than a lack of quality time? Relationships run on time bank accounts. When quality time is in the red, conflict flares.

### Recognise when relationships are in the red...

If time is the currency of relationships, then relationships can become bankrupt if quality time together is not prioritised. Early warning signs are: feeling unappreciated, easily irritated, becoming more critical and judgemental over small things and feeling isolated and being negatively focused about the people you love.

### Park the conflict and book a date

When things are starting to go 'pear shaped' rather than assuming **someone** needs fixing, firstly stop and think, "How much quality time have we spent together lately?" If you're struggling to remember, the bank account is mortgaged to the hilt. Book some quality time together first before going into conflict resolution mode. If after a few hours of fun together, an issue still needs addressing, chances are everyone will be in a more receptive state of mind to arrive at solutions and to hear differences of opinion.

### What is quality time?

It's when you laugh or cry together, play uninhibitedly, connect, share and learn something new. Quality time will leave you feeling refreshed, lighter, more content and in-touch with the people you love. You'll know it's quality when time warps ~ it's as if it goes really slowly or really quickly because you weren't aware of it passing. Other markers of quality time are moments of focus and shared attention on an activity. Something as simple as cooking a meal together, spending time in the garden or getting everyone around a board game will unify attention. Quality time can also be challenging, i.e. completing a 100km bike ride together. Shared challenge creates camaraderie. Top up your bank accounts and plan some playtime!

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- ✓ Time is the currency of connection
- ✓ Your relationships may be in the red if conflict is on the rise
- ✓ Quality time counts ~ find what makes you laugh

*"3 things you cannot recover in life: the WORD after it is said, the MOMENT after it's missed, and TIME once it's spent."*

Anonymous

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