

Getting on Better (2024)

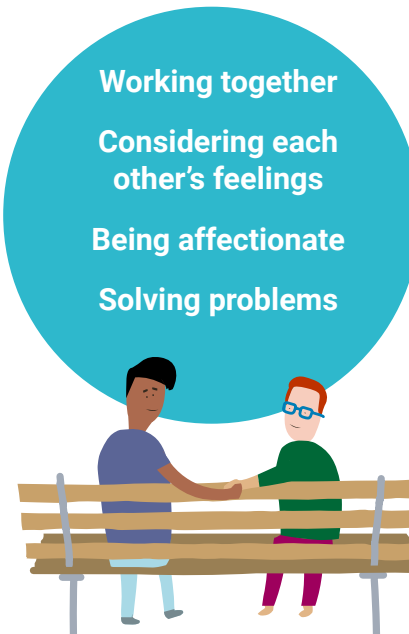
Harmful and helpful arguments



**HARMFUL arguments can be
BAD for your relationship**



**HELPFUL arguments can be
GOOD for your relationship**



Harmful and helpful arguments

We all need to have difficult conversations sometimes.

The way you start these conversations can affect the way they go.

1) A harsh start up

A harsh start-up is when you go straight in with a verbal attack:

"You never think about me!"

The other person is likely to be defensive and you won't get the support you need.



Scan the QR code or visit bit.ly/helpful-harmful to watch the relevant video clip

2) A soft start up

A soft start-up is a way of asking for something you want without blaming the other person:

"I'm worried about how we're going to get everything done."

This makes it easier for the other person to listen, so you can sort things out together.

Soft start-ups often begin with "I". Instead of focusing on what the other person is doing wrong, focus on how you feel and what you need.

How to practice a soft start up:

Instead of saying:

"You never help out! I have to do everything by myself!"

Try saying:

"I'm feeling stressed out. I'd really like some help."

It's the same thing, but it's more likely to get you the help you need.

So, before you start a difficult conversation, ask yourself if there's a softer way to start.