

Blessed are the Peacemakers



Quarreling During Quarantine:

How to Keep the Peace with your Partner

Even in the best of times, dealing with relationship conflict can feel overwhelming. With most couples confined under the same roof, discord and tension can surface more easily. There may be no greater time to learn and practice a few basic communication skills to help keep the peace.

TIMING IS KEY

Start conversations soon after something happens that upsets you, but after you've had a few minutes to cool down and talk calmly. You'll be more likely to agree on recent facts, and you won't let dissatisfactions build and worsen into resentment.

ACTIVELY LISTEN TO EACH OTHER

Active listening is possibly the most important skill you can learn to keep your relationship strong and healthy. This strategy involves the action of reflection in which the listener reflects back, summarizes, or even parrots what he/she has heard to ensure understanding from both parties. For example, "What I heard you say was..." or "It sounds like you are saying...is that correct?"

AVOID MIND READING

Listen carefully and ask questions to clarify what you think you are hearing.

DESCRIBE WHAT YOU WANT AND WHY

State the facts of the situation, because usually that's an area in which you can both agree. *"The kids need our attention and we both must keep up with our work load"*. Say exactly what action you're requesting and how you'd feel if that happened. *"If you can handle the morning routine, I'd feel relieved, happier, and more productive the rest of the day"*.

SMALL GESTURES MAKE A BIG DIFFERENCE

Some people are better at showing they care than expressing it words. Making the morning the cup of coffee, taking the lead on cooking or after dinner clean up, scheduling some "alone time" for your partner are just a few examples.

If you would like to speak with a professional counselor about your relationship call IMPACT 24/7 at 800-227-6007.

Couples counseling is also available online using your EAP complimentary sessions.