

For my mom, who taught me
ALL about stress 😊

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Resolve the Problem

Once you are calm and have determined what a conflict is truly about, it's time to repair the rift.

Making up with an adversary should usually include these three ingredients:

- **An apology** — If you did something wrong or hurtful, intentionally or unintentionally, say you're sorry.
- **Restitution** — If you lost or damaged something that belongs to someone else, repair or replace it.
- **A plan** — Come up with a strategy for facing a similar situation in the future so you don't have the same argument over and over again.



Know When to Move On

You can't change other people's feelings. You're not responsible for them and they're not responsible for yours either. Not every conflict will end in a resolution that makes everyone equally happy. That's unfortunate but it doesn't have to take over your life.

If you can't meet each other halfway, it's probably time to move on.

How to Talk It Out

- Never attack the other person verbally or physically.
- Avoid yelling. Loud voices ramp up the tension without contributing anything new.
- Don't bring up hurts from the past.
- Use "I" statements, like "I was sad when you ripped my favourite" rather than "You ruined my hat."
- Allow the other person to "save face," even if you are 100 percent in the right.