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Ten Ways to Cope with Conflict

1. Don't avoid conflict with the silent treatment.
2. Don't save "emotional trading stamps."
3. If possible, prepare the setting for disagreement.
4. Attack the problem, not each other.
 - * Back up accusations with facts.
 - * Remember to forget.
 - * No dramatics.
5. Don't throw your feelings like stones.
6. Stay on the subject.
7. Offer solutions with your criticisms.
8. Never say, "You never..."
9. Don't manipulate the other person with "It's all my fault."
10. Be humble - - you could be wrong.