

For When Home Is A Battle Zone During COVID-19 Lockdown

Lockdown is an opportunity to do something differently. Everyone is 'stuck' together at home and this tends to put a spotlight on what is, and isn't, working within family dynamics and relationships. So, the time is now to create healthier connections.

HERE ARE SOME HELPFUL STRATEGIES

Use **I** statements

It's natural to begin discussions with "YOU." "YOU did that..."
"YOU always...", "YOU are so..." this is unproductive. Start
working on your "I" statements.

I FEEL

describe your feeling

WHEN YOU

explain the situation

BECAUSE I THINK

thought that causes the feeling

and I WOULD LIKE

request for positive action

Avoid the BLAME GAME

As soon as we finger-point, there's no room for growth. In conflict we can start to tunnel vision & massively prioritise our own perspective whilst minimising and dismissing the other person's experience and position.

curious open considerate patient

Use the 90/10 RULE

When talking about difficult things, try

putting 90% of your energy into being curious and open to learning about the other person's experience, and 10% on voicing your own perspective.

DON'T ASSUME that the other person is experiencing things the same way you are!

Focus on getting an understanding of what is going on for them. Try using open-ended questions like "How are you coping with everything at the moment?" to help this process.

TAKE RESPONSIBILITY

for your part in any conflict...

Try statements such as "I know I'm finding it really stressful being couped up, I'm sorry I got upset and walked out before".

FIND YOUR RESET BUTTON

Download a free evidencebased app like CALM, put headphones in and listen to your favourite music, give a friend a call to talk about something else.



FORGIVE people for

how they may have contributed to the conflict. **Acknowledge** efforts being made to resolve it. If no progress, **intentianally park the conflict**, agree to differences of perspective & move forward.

Conflict can be good and it can be bad. It is good when conflict motivates us to think, grow or do things another way. In healthy relationships, there is no fear when conflicts happen. For those in violent homes where a person is out to "win," rather than resolve their differences through talking and compromise, conflict can move from a disagreement to abuse or violence. If this is the case in your home please do not stay silent, contact authorities or relevant organisations, you are not alone. PLEASE SPEAK UP, BREAK THE CYCLE.