

Imagine a Secure Interaction with a Conflict

Sometimes, we get so caught up in the fast pace of conflict that we don't notice when the other person is doing or saying something to show us they want to end a disagreement. When these moments are missed, fights are more stressful and last longer.

Think about a difficult, stressful relationship conflict you were involved in and when the other person reacted out of fear or because they were hurt. Remember what this was like. What were your feelings, thoughts, and body sensations that you experienced in response?

What did the other person do that triggered your reaction? What might have caused their reaction? What else might their behavior be about?



Now, imagine that the other person is able to think and feel beyond themselves, instead of just being scared or hurt. So they make an effort to see your perspective, as well. Imagine that the other person is generous and compassionate. What do you feel when they speak to you calmly? How do you think the content of their message would change?

You probably felt better. That happens when we feel that someone we care about can consider us. Now, try to imagine how you would show your appreciation for the different response and how your reaction would change as well. What would this look like? How might you be able to encourage the other person to keep?

Human interactions are complicated, and family relationships give plenty of time and multiple opportunities for conflict to arise. Check out tips on how to navigate difficult family relationships and resolve conflicts.

