



FREE PRACTICAL TOOL

Handling Conflict With Care

A practical guide for protecting the relationship and yourself when a conversation becomes tense.

Start here

- 1 Pause if voices rise, insults begin, or you feel unsafe. You can return later.
- 2 Use “I” language: “I feel ____ when ____ happens, and I need ____.”
- 3 Stick to one issue at a time instead of reopening every past hurt.
- 4 End with a next step: a break, a time to revisit, or a boundary that protects your well-being.

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