



Managing Conflict in Relationships

Conflict is a necessary and inevitable part of having a close relationship with another person. Learning how to manage disagreements with a friend or romantic partner may help you work through any rough patches. Try these tips:

- **Acknowledge the conflict.** Ignoring the issue could damage the relationship over time.
- **Identify the issue.** Determine the source of tension in the relationship. Common reasons include spending too little (or too much) time together, having few common interests, or a lack of trust. Sometimes, the problem may be a number of smaller issues that have built up over time.
- **Have a conversation.** Ask how the other person feels about the conflict. Their response may help you determine how to resolve the issue. In some circumstances, you may determine that it is time to take a step back from the relationship.
- **Find common ground.** After discussing the conflict, consider what steps could be taken to resolve it. Solutions may include:
 - Compromising or agreeing to disagree
 - Improving communication skills and engaging in active listening
 - Investing solo time in activities that help you recharge



- Committing to spending more time together
- Supporting and encouraging each other's goals
- **Access LifeMatters.** LifeMatters offers a variety of resources that may help you address conflict in a relationship. Visit mylifematters.com to access:
 - **Counseling** to improve conflict management skills. Select the “Access Counseling” tile to schedule online.
 - The **MyWellbeing Profile** (on the “MyWellbeing” tile) to evaluate your social wellbeing. Once completed, you can schedule a session with a coach.
 - **Togetherall**, which provides online peer support for a variety of life circumstances.

If conflict in a relationship is affecting your health and wellbeing, or if the situation has become abusive, LifeMatters can help. Assistance is available 24/7/365.