

7 STEPS TO HEALING YOUR RELATIONSHIP AFTER A FIGHT



1 IMMEDIATELY AFTER – OR DURING – THE FIGHT, TAKE AN INTENTIONAL "TIMEOUT"



2 WHEN THE TIME IS RIGHT, EXTEND AN OLIVE BRANCH



3 ACTIVELY LISTEN TO YOUR PARTNER'S PERSPECTIVE AND ACKNOWLEDGE ANY HURT YOU CAUSED



4 SHARE YOUR SIDE – WITHOUT POINTING FINGERS



5 WHEN THINGS HAVE DEFINITELY CALMED DOWN, RETURN TO THE ROOT OF THE ISSUE



6 WORK TOGETHER TO FIND A PRACTICAL SOLUTION



7 IF YOU KEEP HAVING THE SAME ARGUMENT, OR HAVE TROUBLE FINDING A SOLUTION, CONSIDER COUPLES COUNSELING