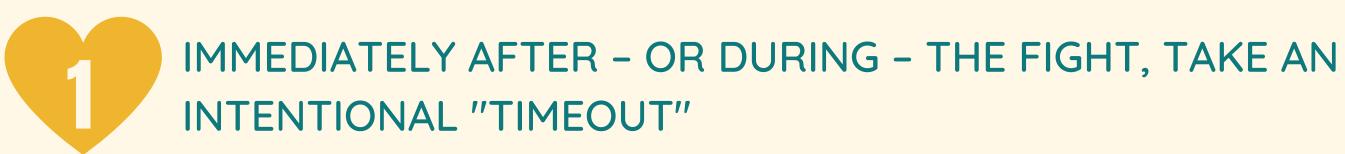
7 STEPS TO HEALING YOUR RELATIONSHIP AFTER A FIGHT



WHEN THE TIME IS RIGHT, EXTEND AN OLIVE BRANCH



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



SHARE YOUR SIDE – WITHOUT POINTING FINGERS



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



WORK TOGETHER TO FIND A PRACTICAL SOLUTION



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

