



Presented by BU Happiness College

Overcoming Conflict In Relationships

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'Because people aren't perfect and relationships are messy, we all need to learn how to better resolve conflicts.'

- Audrey Monke





Creating awareness - Identifying Values

What are my main values in a relationship? (see next page)

What are my top 5 values in a relationship?



Relationship Values

Communication	Future focus
Being heard	Collaboration
Being present	Equality
Quality Time	Being open minded
Faith	Temper control
Date nights	Creativity
Friendship	Positivity
Serving others	Security
Intimacy	Dependability
Affection	Adventure
Family	Variety
Gifts	Compassion
Giving	Calmness
Receiving compliments	Drive
Appreciation	Empathy
Humour	Fairness
Playfulness	Gratitude
Career	Fun
Work ethic	Independence
Organisation	Leadership
Clean and tidy	Passion
Efficiency	Loyalty
Forgiveness	Self awareness
Honesty	Spirituality
Variety	Timliness



Creating Awareness - Giving & Receiving Values

How do I feel or receive these values in a relationship?



How does the other person in the relationship show / give these values?



How can I communicate what I need to this person?





Strategy I - Mindful Listening

Approaching conversations & conflict with curiosity. Letting go of ego & assumptions

**Tune into inner
silence**

**Listen to understand
rather than respond**

**Cultivate care and
compassion over ego**



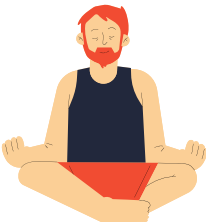
Strategy 2 - Giving Each Other Space

There can be a misconception that needing space is a bad thing. Let's look at how creating space for you can shift how you feel.

When a big feeling or emotion comes up for you, what are your leaning in strategies?



When a big feeling or emotion comes up for you, what are your leveraging strategies?



What are the benefits of reducing big feelings' intensity?





Strategy 3 - How To Effectively Complain

Instead of expressing complaints, a lot of couples resort to criticising each other. Unchecked criticism can lead to contempt, defensiveness & stonewalling.

**Express how
you feel...**

**Describe a
specific
example**

**Take
responsibility
for you**



*In the spirit of including all aspects of our workshops in our workshops,
here is your DOING task!*

There will be someone in your mind (perhaps a few people) that
you have been thinking of as you have worked through this
workshop.

There will also be at least one technique or tool that has stood
out for you that feels relevant.

**ACTION: How does this technique or tool relate to you, this
person and your relationship? Communicate that with them
now.**



A photograph of a person's hands writing in a notebook with a pen. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light coming through. The text 'Key Takeaways' is overlaid in white on the left side of the image.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...