

# I FEEL LIKE WE ARGUE ALL THE TIME....



## HOW OFTEN DO YOU ARGUE?

While arguments are normal in all relationships, when partners are constantly arguing it can be a sign that the disagreement is not being solved in the best way possible! Arguing can be a good thing! It shows that the couple have different views and are confident to share them with each other. However, arguments are unhealthy when one or both of you argue in a negative way like talking over one another, shouting, controlling the conversation or not listening to how the other thinks/feels.

## UNHEALTHY WAYS OF ARGUING

Unhealthy ways of arguing can potentially lead to a break in the relationship. Poor ways of arguing can include;

- 1) Personal attacks such as a partner's personality
- 2) Disrespect- Putting your partner down
- 3) Stopping listening and leaving the argument to sulk and be resentful
- 4) Defensive- refusing to admit any mistakes

Sometimes couples can argue about small problems so they don't have to talk about the big ones. Or at times couples can tend to take out work frustrations on each other which can lead to arguments starting. If you partner is more irritable then normal it can be a sign of illness, stress, chronic pain or depression.

## NEXT STEPS

The key to avoiding constant arguing is lots of positive communication! Finding time to talk to that person regularly! If you are still finding it impossible to talk to you partner without arguing, you may need some further help. Check out our resource on where you can get relationship help in Hartlepool.