

# I feel like we argue all the time....



**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!**

## 'Take & Step Back'

Find the time to take a step back and reflect on the argument. Think about what was argued about and what triggered it. This will help you recognise if there is a common theme to your arguments or if something specific starts them.

## Choose the Right Time

Together with your partner find a good time to talk about what started the argument and discuss what you can do to prevent it escalating in future. Avoid talking about it when you are tired, after having alcohol or when the children are around.

## Finding Someone Neutral

Sometimes conversations about managing your arguments or preventing them are difficult. It could be helpful to ask someone who you both trust but will remain neutral to help.

## Getting Support

We are a key provider of relationship support in the North East. For an informal chat about how we can help, ring 01429 891 444.