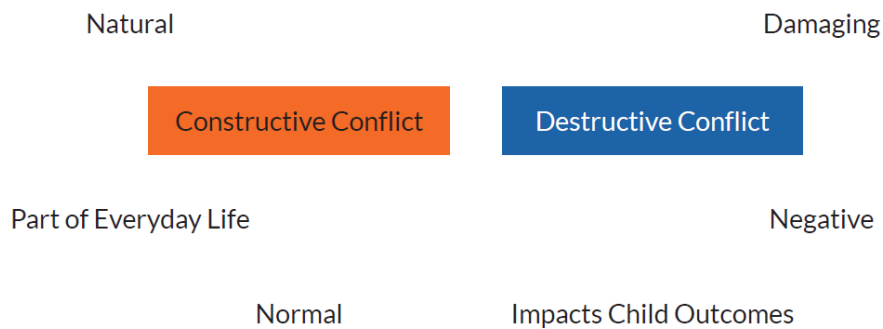


Constructive vs Destructive

Conflict in relationships is a reality...



How we communicate and solve problems



Parents in conflict may be struggling to identify the destructive elements of their behaviour.

The constructive versus destructive cards, provide the opportunity to discuss behaviours with parents and if they are present in a relationship. You may choose to add more cards yourself depending on the parental relationship.

Ask the couple to think about the behaviours and place them in the always, sometimes, never columns as they apply to their relationship.

Then ask the couple/individual to identify what they would consider to be constructive and destructive behaviours.

Using solution focussed questioning, help them identify how they could change their destructive behaviour and increase the positive behaviours.

Ask for each other's point of view.	Withdrawal from the conversation as it's not going your way.	Explain how the situation is making you feel.	End an argument upset and angry.
Recognise that whilst you may not agree, your partner has a valid point.	Offer possible solutions to problems, whilst are willing to compromise and listen to other suggestions.	Raise your voice to make sure you get your point of view across.	Listen to one another's point of view without interrupting.
Accept there may be times where you disagree.	Use examples from the past to prove your right.	Use insults to make your point and share your feelings.	Allow each other to opportunity to express your views.

In our relationship we...

