

0.1 Chapter 3: relationships: Conflicts

0.2 Conflicts

1 On How to Defuse an Argument



The simplest way to defuse your partners fury is not to tell them to calm down or to use the occasion to bring up another argument, but to offer a genuine apology (theyre always free). In the heat of an argument, remember that theyre not nasty, but hurt and vulnerable and that, at times, we too have been impossible.