

Constructive or destructive

These cards give some examples of constructive and destructive behaviours within communication

Asking each other's point of view

Interrupting to get your point of view across

Listening to the other point of view without interrupting

Withdrawing from the conversation as it's not going your way

Recognising that whilst you may not agree, your partner has a valid point

Allow each other the opportunity to express your views

Tell your partner what they should do

Using examples from the past to prove you're right

Interrupting your partner whilst they are speaking

Allow each other the opportunity to express your views

Explaining how the situation is making you feel

Considering issues from somebody else's point of view

Offering possible solutions to problems but be willing to compromise and listen to other suggestions

Having a solution in mind to the problem and don't change your mind

Pointing out your partner's flaws when they support your argument

Using insults to make your point and share your feelings

Choosing the right time

Raising your voice to make sure you get your point of view across

Check out what you agree about

Show you understand the other person's point of view

Ending an argument both feeling that you have been heard

Ending an argument upset and angry

Starting an argument as soon as my partner walks in the door

Accepting that you might disagree

Keep repeating your views until your partner recognises you are right