



# STOP FAMILY CONFLICT

## 5-Step Family Conflict Prevention Plan for the Holidays

**1**

### CONSULT WITH EVERYONE

Most conflicts happen because the people who are impacted by decisions haven't been asked to give their input. As you plan your holiday, check in with everyone involved including your kids, and the dog. When family members trust they matter, everyone gets along better.



**2**

### INTEGRATE WHAT'S IMPORTANT TO EVERYONE

Although this is easier said than done, there are a few concepts that make it possible. Focus on needs rather than clinging to strategies. Check for willingness rather than pursuing preference. Avoid the "fairness" trap and compromising on anything that's important to you or anyone else. Meeting in the middle is usually a recipe for more conflict.



**3**

### SPEAK TRUTH WITH CARE TO YOURSELF

Many people overstretch because they feel guilty or don't want to face the consequences of saying, "No. I don't want to do that." Then they absorb the negative impact until they explode. Instead, connect with yourself and be honest with yourself about your limits before you're at the end of your rope.



**4**

### SPEAK TRUTH WITH CARE TO OTHERS

Be ready with a reply when your dad says, "Don't you think the kids have watched enough screen for today?" You want to express yourself authentically without making the conflict worse. "That's hard for me to hear" is a simple, yet effective way to start.



**5**

### REACH OUT FOR SUPPORT

When you need help in the moment, ask for it. This will be most effective if you line it up in advance. Identify your allies around the dinner table and tell them before the meal starts what they can do to be supportive. Have someone ready pick up your call, listen to your rant, and give you some new ideas you're too entangled in the situation to see.