

THE DIFFERENT RULES FOR CONFLICT

HEALTHY RELATIONSHIP RULES	STREET RULES/ABUSIVE RELATIONSHIP RULES
Look for cooperative solutions. Focus on the long-term health of the relationship. Consider the well being of both parties.	“You may not have started it, but you’d better finish it.” Get in the last word, jab or punch.
Treat the other person with dignity. Use humor and empathy to stay connected and allow the other person to save face.	Shame and humiliate your opponent. Try to intimidate your opponent. Yell louder. Act tougher.
Put yourself in the other person’s place. Try to understand their position even if you don’t agree.	Don’t think about their feelings. Empathy is a sign of weakness.
Stay in healthy roles. Avoid the roles of victim or perpetrator. *GET SUPPORT IF YOU NEED HELP TO DO THIS.*	You may believe that all people are either victims or perpetrators and that you must be one or the other. If you are a victim, your choices for survival are <u>flight, flight, freeze or fuse.</u>