It is important to manage emotions first, before you address the issues. When you recognize what is going on inside yourself, you can master your responses and deal with the issues more effectively.

Tips to manage your emotions before you address conflict

1. Stop, take a breath and recognize your feelings. Don’t act on them; just notice them.
2. If your emotions are too powerful to control in the moment, ask for time. Go to the balcony.
3. In the interim, try to understand what caused your emotions.
4. When your emotions are intense and hard to control, it is important to slow down and choose your responses carefully. Here are some tips to help you manage your emotions and work toward a positive outcome.
5. Separate the impact the issue is having on you.
6. Work to understand the other person. What is their objective? What is important to them?
7. Come up with possible solutions that might work for both of you.
8. When you come back together, focus on outcomes that you think would satisfy both of you.

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