**Handling Disagreements Handout**

**Steps for BRINGING UP Disagreements**

1. Wait for the right time and place
2. Keep your cool
3. Ask to speak privately

* “Can I talk to you privately?”
* “I need to speak to you about something. Can we go somewhere private?”
* “I think we need to talk. Can I speak to you privately?”

1. Explain your side using “I” statements

* “I felt upset when you canceled our plans.”
* “I don’t like it when you speak to me that way.”
* “I feel hurt when you don’t return my texts.”

1. Listen to the other person
2. Repeat what they said
3. Tell them what you need them to do

* “I need you to give me a chance to explain.”
* “Can you see this from my perspective?”
* “Could you explain how this happened?”
* “It would help if I knew you were sorry.”

1. Try to solve the problem

* Tell them what you’ll do differently
* “I’ll try not to be so sensitive.”
* “I’ll try not to do that again.”
* “I’ll try to be more understanding next time.”
* Ask them what they want you to do
* “What can I do to avoid this happening again?”
* “What would you like me to do next time?”
* “What can we do to fix this?”
* Suggest what you want them to do
* “I’d like it if you didn’t talk to me like that again.”
* “I hope you will consider my feelings next time.”
* “I’d appreciate it if you would talk to me next time this happens.”
* Keep your cool if you can’t solve the problem
* Agree to disagree
* Remember that friendship is a choice