

# FUNSHEET HOW TO ARGUE BETTER?



**ABSOLUTELY  
WRITE**  
WITH ADITI SURANA



## HOW TO ARGUE BETTER?

Do you **struggle** when it comes to fighting with your loved one?  
Yes / No?

Do you think if there is a relationship, there will be **disagreement**?  
Yes / No?

Do you know any couple that **does not fight once in a while**?  
Yes / No?

Do you agree that a little bit of arguing is **healthy in a marriage**?  
Yes / No?

When it comes to arguing, people usually do one or all of the following. Which is your preferred style:

- I avoid arguments as much as I can
- I fight back, or
- I walk away in the middle of an argument

Describe in short a **few arguments** that you have had in the past. Describe a fight where you were genuinely, utterly, uncontrollably upset with the other person for a reason that was petty or even laughable?

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Describe a fight where you **realised your mistake**, but instead of apologising which in your head meant accepting defeat, you continued fighting.

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Describe an argument where you **crossed the line or stepped on another person's toes** and didn't do anything to make up for it.

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*Whether you like it or not, you can only  
decide what YOU should or shouldn't do!*

Here is how you fight or argue **wrong** in this scenario!

1. You don't speak up and eventually start sulking. Stop - do not take too long to tell them how you feel. The longer you sulk, the deeper it will grow.

Think of 2 incidences when you did that:

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2.

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2. Now here is the problem, the longer you wait, the faster your mind starts opening all the old memory files of simple upsetting behaviour from the past. We pile up all issues to justify our behaviour to make our case stronger.

Think of 1 incident when you did that:

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3. You start talking even though the upset is still unresolved. If you start discussing the matter without being calm, then you land up saying things that you may regret!

Think of 2 incidences when you did that:

1.

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2.

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4. If you hold your upset for too long, you get to an undesirable mode of 'Attack'. Now you want to hurt the person to win. This is where things get messy. You forget that you actually care about this person. You turn this to an unstoppable vendetta. Your inner dialogue turns somewhat like this -

- I must punish if I am hurt
- This is unacceptable,
- I do not deserve this
- I didn't sign up for this
- How is this love if he or she don't understand this much about me
- I am too good to compromise
- I don't need him or her
- This is my basic need. Otherwise what is the point?

Describe all your self dialogue in such a situation:

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*It's unbelievable to see how something said in a heated moment or in a drunk conversation, takes months or years to reverse.*

*Not because we wish to, but mainly because we do not have correct methods or tools. It's not that we are incapable but we are unequipped. Ponder upon the following 5 points and share it with anyone who is feeling bogged down with constant arguments or fights.*

Take one active fight, or one issue that you keep fighting about with someone over and over again as you respond to following questions:

*1. What is the issue at hand?*

Always focus on the issue at hand. Please be clear about what is exactly bothering you.

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*2. Focus on - What is wrong & not who is wrong?*

Remember that you just wish to make your point and not hurt the person.

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*3. Your answer is not the only answer.*

Not following your preference, decision or wisdom, might be upsetting for you, but that is not the only way to resolve the argument.

Think of 5 situations where you were holding onto your preference in a fight.

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#### *4. Reminder - you still love them...*

Let the person know in some or the other way that you value and appreciate them, even though you do not agree with some of their behavior.

#### *5. State how you felt*

Focus on your feelings and experience. Do not get into describing the other person's character. Say I felt unsupported and not - you are careless. Say I felt ignored and not that you don't love me.

*Try rephrasing 3 replies:*

*Before:*

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*After:*

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*Before:*

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*After:*

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*Before:*

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*After:*

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*If you want to change the way you feel about your relationship then you need to be the one who is willing to change. It might not sound fair but remember we can only choose for ourselves.*



## WRITE HERE RIGHT NOW

Learn graphology with Aditi Surana



- *Do you feel you wish to be more healthy, calm, collected, thoughtful, creative?*
- *Do you look at disciplined and happy people and wonder how they manage to do this?*
- *Do you say to yourself, only if I had XYZ, if I were ABC, if I could do 123, I will be able to be more balanced?*

After 21 days of anti-anxiety workshop many of you kept asking for something similar, I wanted to create something that would assure growth and result to each and every participant. Join our monthly group coaching sessions to experience the same.

To learn graphology, join our group coaching or know more about how Aditi can personally coach you, visit our website [www.aditisurana.com](http://www.aditisurana.com)