

# Getting on Better (2022)

## Harmful and helpful arguments

### HARMFUL arguments can be BAD for your relationship



### HELPFUL arguments can be GOOD for your relationship



# Harmful and helpful arguments

We all need to have difficult conversations sometimes.  
The way you start these conversations can affect the way they go.

## 1) A harsh start up

A harsh start-up is when you go straight in with a verbal attack:  
*"You never think about me!"*

The other person is likely to be defensive and you won't get the support you need.



Scan the QR code or visit [bit.ly/helpful-harmful](https://bit.ly/helpful-harmful) to watch the relevant video clip

## 2) A soft start up

A soft start-up is a way of asking for something you want without blaming the other person:

*"I'm worried about how we're going to get everything done."*

This makes it easier for the other person to listen, so you can sort things out together.

Soft start-ups often begin with "I". Instead of focusing on what the other person is doing wrong, focus on how you feel and what you need.

## How to practice a soft start up:

Instead of saying:  
*"You never help out! I have to do everything by myself!"*

Try saying:  
*"I'm feeling stressed out. I'd really like some help."*

It's the same thing, but it's more likely to get you the help you need.

So, before you start a difficult conversation, ask yourself if there's a softer way to start.