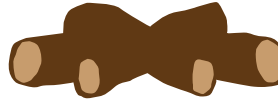


Getting on Better (2023)

Arguments are like fire



➔ The LOGS



What issues do you argue about most?

➔ The MATCH



What usually starts an argument?

➔ The FUEL



What makes it worse?
Are you fuelling the fire?

➔ The WATER



What helps calm things down?

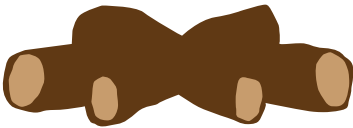
Arguments are like fire

1) You can think of arguments as a fire.

The **LOGS** are the things you argue about most. Even when you're getting on well, the logs are still there.

Some common ones are:

- Money.
- Friends.
- Housework.
- Sex.
- Children.



Scan the QR code or visit bit.ly/logsandfire to watch the relevant video clip

2) The **MATCH** can be anything that starts an argument. It's often something small:

- The wrong tone of voice.
- Feeling stressed.
- Not listening to each other.



3) Once the argument has started, we can make things worse by the way we respond. This can **ADD FUEL** to the fire:

- Raising your voice.
- Walking out.
- Bottling things up.
- Saying hurtful things.
- Bringing up old arguments.



4) There are also things we can do to stop the argument getting worse. This is like putting **WATER** on the fire.

- Taking a break.
- Listening.
- Saying sorry.
- Having a hug.



A few things to try:

- a) Think about what your logs might be.
- b) Next time you argue, try to notice when you're adding fuel.
 - a) See if you can water things down before the argument escalates.