

23 Phrases To Help You Fight Right

Please try to understand my point of view.

Wait, can I take that back?

You don't have to solve this -- it helps me just to talk to you.

This is important to me. Please listen.

I overreacted.

I see you're in a tough position.

I can see my part in this.

I hadn't thought of it that way before.

I could be wrong.

Let's agree to disagree on that.

This isn't just your problem; it's our problem.

I'm feeling unappreciated.

We're getting off the subject.

You've convinced me.

Let's take a break for a few minutes. (If you can remember to do this, it's extremely effective -- especially if you're having a big fight. After a break, it's almost impossible to go back to yelling.)

Please keep talking to me.

I realize it's not your fault.

That came out all wrong.

I see how I contributed to the problem.

What are we really fighting about?

How can I make things better?

I'm sorry.

I love you.

It's very important to respond well if your partner makes a 'repair attempt' -- the technical term for a gesture of reconciliation and love. Don't rebuff a repair attempt!