

25 Prompts for Healthy Conflicts

Stuck on what to say when an argument heats up? Try these prompts to express yourself clearly, avoid escalating a conflict, and reach a consensus.

Protect yourself

1. Please say that more gently.
 2. I'm feeling... (overwhelmed/criticized/defensive).
 3. Let's take a break.
 4. Give me a moment.
 5. I need your support right now.
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Apologize

1. Let me try again.
 2. I can see where I was at fault.
 3. How can I make things better?
 4. Can I take that back?
 5. Let me say that in a gentler way.
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Get your point across

1. I would like to clarify my point.
 2. I would like to finish what I was saying.
 3. This is important to me.
 4. Please listen.
 5. I would like to rephrase that.
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Find common ground

1. I never thought of it that way.
 2. I agree with part of what you're saying.
 3. I think your point of view makes sense.
 4. You're starting to convince me.
 5. Where do we agree?
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Create an agreeable tone

1. I know this isn't your fault.
2. That's a good point.
3. I see what you're saying.
4. Thank you for listening.
5. Seems like we're both saying...