

THE BRENDON SHOW

How to Stop Fighting

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SUMMARY

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Getting into arguments with others is an inevitable part of being human. It's when we start to feel immense strain on our relationships that a deeper understanding of conflict management is crucial to master. This episode will teach you how to understand the true root cause of a fight, your style and role in how you communicate, and to know when and how to walk away when the exchange is no longer serving you.

TEACHING POINTS

1. Eliminate the Ongoing Stress

If you have ongoing stress, fatigue, and overwhelm in your life, do not be surprised when that shows up in your relationships as an argument. Often times when we have internally built up anger or anxiety about the circumstances in our lives, those feelings start to manifest as external outbursts at the people we love. You can be in the middle of a heated argument where the rage that you are exuding isn't even directed or caused by the individual you are fighting with, but stems from the stress you have bottled up inside of you. It's time you start prioritizing balance in your life. Take care of your problems and stress. Be open and honest about how you are feeling not only with your loved ones, but with yourself. Once you are aware and proactive about how your internal feelings and thoughts affect your external actions with others, you will soon notice a lot less fighting within your relationships.

2. Know Your Triggers

It is critical to know what your triggers are in life. Those mental and emotional triggers that other people hit that cause you to engage in a fight are easily avoidable if you just verbalize your own triggers. It's not their responsibility to avoid all of yours all the time, but if they're aware of them, they can learn to work with you through them. But even more importantly, you need to be aware of what triggers you. If you're unaware of your own triggers and they're unaware of your triggers, then the possibility of conflict will always be looming over that relationship.

3. Breathe & Hold

Be intentional with your language during an argument. When a trigger is hit or someone's trying to engage with you, your job is to learn to breathe and hold your comments, hold your judgment, hold your need to be right, to argue, and to make your point. When you allow yourself the time to internally center yourself and make thoughtful choices during an argument, you and the other individual involved will leave feeling validated and heard because your conversation shifts from destructive to constructive.

4. Challenge Yourself to Be the Generous One

Being generous during an argument is giving the other person the benefit of the doubt and acknowledging that there's a reason they their viewpoint during a fight. Be someone who understands that we all have our own triggers and communication styles that we bring into conflict within our relationships, but the way we tackle them is character-defining. When you realize that solving a conflict means working together as a team towards a common goal or solution, verses proving yourself right, that is when you really start to receive more value and camaraderie in your relationships.

Sentence Completion

Complete the sentences below. As you complete the prompts below, there are no right or wrong answers. Responding authentically and fully is essential to generating and accessing more clarity and momentum in your life.

1

Three things that are proving to bring stress into my life and relationships are...

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2

One way that I can alleviate the stress I have so it doesn't come into my relationships is by...

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3

Three triggers of mine are...

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4

The next time I feel triggered during an argument, I can do this to stop myself from acting out...

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5

A way that I can remind myself to breathe and hold during an argument is by...

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6

Two thoughtful, non-combative responses I can tell the other person during a fight are...

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7

The last fight I had, the person had this reaction...

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8

Taking a closer look, I understand that this person had this reaction because...

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Notes

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