

Become a Better Partner by Using Assertive Statements

A photograph of a man and a woman sitting on a light-colored outdoor sofa. The woman, on the left, has blonde hair in a ponytail and is wearing a light-colored sweater. The man, on the right, has grey hair and is wearing a light blue button-down shirt. They are both looking towards each other with slight smiles. The background shows a blurred outdoor setting with a building and trees.

**BECOME
A BETTER
PARTNER**

LIVE WELL UTAH

Happy Family Friday! This week learn how to approach conflict in a relationship or marriage.

It can be hard to approach your partner when there is conflict in a relationship or marriage. Oftentimes, humans err in three ways when there is something difficult to discuss: 1) We become too aggressive, saying things in a harsh tone that we will later regret; 2) We are not assertive enough, shutting down quickly when trying to explain our point of view; or 3) We avoid confrontation entirely because we don't like conflict or feel it won't help. Fall within one of these three categories? Try using assertive statements the next time an issue arises.

Assertive Statements

Assertive statements are loving ways to express a thought, feeling or desire that could create tension or conflict within a relationship; each statement is finished with something you'd like to see changed, such as:

1. What I would like from you in our relationship is...
2. What I could do for you that would help our relationship is...
3. What I would like for you to do more in our relationship is...
4. What I would like for us to do differently is...

If you'd like to create your own assertive statements, make sure they identify what you are feeling in the situation and are not accusatory to your partner. Using "I" based assertive statements rather than accusatory "you" statements allows you to acknowledge your feelings in a non-threatening and inoffensive way. This act of less accusation will lead to a more conducive environment for problem solving, which is vital in building happy, healthy relationships.

Learn more

Want to learn more tips for your relationships? Healthy Relationships Utah offers FREE Couple LINKS courses that teach concepts like assertive statements and many others. This research-based course is great for couples who want to build happy relationships or repair distressed ones. To learn more, visit healthyrelationshipsutah.org.

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