

Relationship Advice: A Couple's Guide to Better Arguing



By [Courtney Omernick](#)

So many people have dating and relationship advice for every aspect of your courtship. However, some are stumped when it comes to having a great plan for arguing.

Below are a few pieces of love advice for creating the best

outcome in your arguments.

1. Stay Calm: It's easy to get flustered and upset quickly when you're trying to prove a point and you feel like you're not getting anywhere. But, the worst thing you can do is scream or throw a temper tantrum. The other person is feeding off of your energy. Stay calm, and hopefully they will too.

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2. Don't insult the other person: Avoid saying anything to the other person that may be taken as an insult. When people are angry, they are much more sensitive and can take even a side comment as an insult.

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3. Tell the other individual that you're going to listen to and respect them: Things are about to get heated. The other person needs to know that you're going to do your best to listen to what they have to say. Remember, the other person feels just as strong about their opinions as you do about yours.

What love advice do you have for couples out there? How can they argue more effectively? Comment below!