

ACS Family Advocacy Program – Conflict Resolution

With rising stress, the U.S. Army Garrison Benelux Family Advocacy Program has some words of wisdom for our community members on Conflict Resolution:

Conflict is a normal thing that happens in relationships between family members. This can be exacerbated during times of high stress. While conflict is normal it is important to handle conflicts in a way that does not damage your relationships or cause emotional or physical injury to others. It is important that you identify your feelings before you engage in conflict, while anger may be predominant, there are often many emotions that hide behind the surface and influence your reaction. Communicate your feelings using I statements instead of saying things like "you always do this.." say things like "I feel...when.."

Do not think that resolution will happen quickly. These things can take time and often both parties have to compromise a little in order to come to an agreement that both are happy with. Use timeouts for yourself if you are in conflict. Taking time to calm down and regulate your emotions can help you to speak with more purpose and listen more effectively. Make sure your partner understands that you are taking a time out and make sure that once you calm down you can come back and discuss the present issue.

As always if you are experiencing conflict at home, domestic violence, or child abuse do not hesitate to reach out to the Family Advocacy Program at on our Belgium hotline at +32 (0)472 90 1068 or at our Netherlands hotline at +31 (0)613 21 6737 or our website page <https://home.army.mil/benelux>.

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