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8 Tips for Communicating with Your Partner When You're Angry, Make Sure to Do It This Way Aired: Tuesday, August 27, 2024 14:37 WIB Author: Irmarahmasari | Editor: Irmarahmasari

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**Tips and Tricks** 





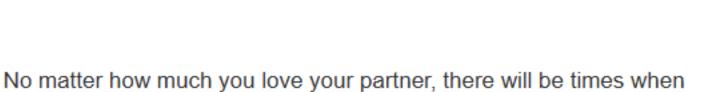
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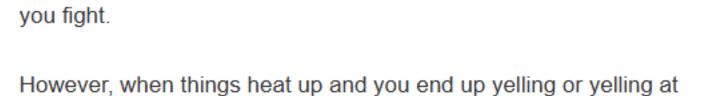












TRIBUNHEALTH.COM - When you are angry with your partner, it is

important to deal with the situation with a cool head.

your partner, it can destroy the love you both have.

you're angry with him.

angry," says Dr. Saba.

He said it was important to remember that you are a team and any problem should not be considered a competition.

Psychologist Dr. Malini Saba shares how to talk to your partner when

"Talk to them regularly, kindly and directly about what makes you



Communication Tips with Your Partner When Angry

Quoted from HealthShots, here are tips for communicating with your

partner when you are angry or fighting.

1. Finding the source of anger

are you having a bad day?

Understand what really makes you angry, then communicateit clearly.

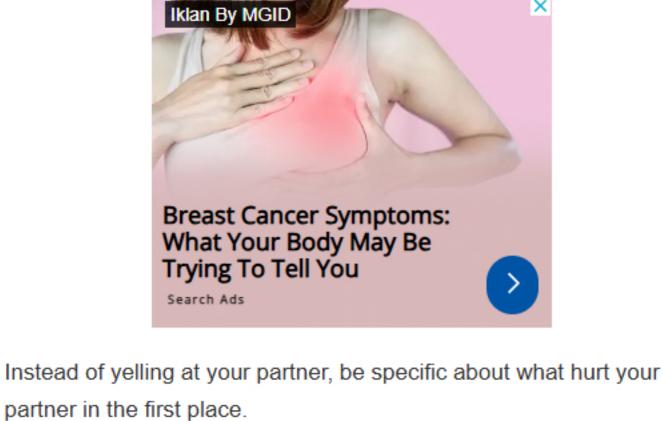
Is there a particular habit of your partner that tests your patience or

2. Be specific and discuss the problem

It's important to tell your partner what triggers your anger in order to

There's no point in gesturing or yelling at your partner.

find the best solution to the problem.



3. Speak gently and kindly

Yelling can often worsen the situation and trigger deeper anger.

Reduce Loneliness to Increase Mood Booster

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4. Be open to discussion

Understand their point of view and approach the problem with a

hurt him, so speak gently and clearly," advises Dr. Saba.

"Scolding your partner can make the situation worse and may also

problem-solving approach. Be open to their suggestions and where the problem arises.

be honest.

any benefit to anyone.

6. Take a solution-based approach

Understand that this is not your problem against your partner, but

This approach won't solve the problem and can cause you stress, so

you are both fighting the problem you are facing. So, deal with the situation appropriately to find a way out with a cool

Following Things

head.

7. Take the time to gather your thoughts

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Emotions that are tense can sometimes cause you to overreact or

express anger in a negative way.

Take some time to sort out your thoughts before talking to your partner if the situation is particularly overwhelming.

8. Talk to a professional to manage anger

If you are unable to control your anger or a particular problem between you and your partner, seek professional help to help with it.

Thus, your anger with your partner can be well controlled and have a harmonious relationship with your partner.

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5. Don't be aggressive and passive

Understand what your partner is saying or why he or she is doing it.

A punitive approach or passive aggressive behavior will not provide