



Real Life
Families

Real Solutions for Real Life

LET'S TALK

ARGUMENT VS. DISCUSSION

Argument

- Begins through aggressive anger
- Yelling
- Disrespectful words and tone
- Opposite Team
- Frustration and annoyance
- Unable to share thoughts freely
- No one is listening to each other
- Blaming
- Trust feels broken
- Walls are built
- Ends with nothing getting solved

Discussion

- Begins through an assertive peaceful request
- Calm voices
- Respectful words and tone
- Same Team
- Patience and forgiveness
- Able to share thoughts freely
- Everyone takes turns listening
- Taking ownership
- Trust remains strong
- Bridges are built
- Ends with the problem being solved through teamwork

Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19