

How to Give Up a Fight Gracefully

A Roman orator once said, "When defeat is inevitable, it is wisest to yield." Continuing a losing battle only increases the damage. Especially when the antagonist is a loved-one, it's best to give up a fight gracefully for the sake of the relationship.

1 ~ Identify the goal of the fight. If you're in a fist fight, your goal is likely to hurt your opponent. If you're in a verbal fight, you want the last word. When you're aware of this goal, it's easier to know when the goal is unattainable.

2 ~ Admit defeat when the time comes to do so. There's nothing worse than a sore loser, but one who readily admits defeat can leave the fight with dignity. Be deliberate and sincere, and tell your opponent that you've been defeated.

3 ~ Control your emotions. A raging temper or outpour of tears reveals you are upset to your opponent and any witnesses. If there is any pain, suppress it.

4 ~ Make light of the situation. Say, "Wow! That was fun," or "I forgot why we're fighting." Acting cordially shows that your spirit is far from defeated.

5 ~ Give respect where it's due. You just lost a fight, so compliment your opponent.

6 ~ Learn from the fight. If you started it, think next time before you enter a similar situation. If you didn't, learn how to avoid a fight next time you are in conflict with another.

How to Resolve an Argument

We all argue, debate, confront and fight with one another. This is natural. But we also feel a sense of a loss when we fight at times. Maybe it was a look or something someone did to us, or something that was said. Wanting to make up is not so easy at times. There are steps however towards resolving an issue you have had with someone you care for.

Things You'll Need:

- Empathy
- Open Heart
- Consideration

1 ~ Communicate. When I say communicate, I do not mean just talk. I mean exchange in conversation. Many people communicate and they talk over each other, they monopolize the conversation, they hear but do not listen. They ignore what the other person is saying. So really listen, talk less listen more and you will gain a lot of information. People also respect you more when your not over talking.

2 ~ Be kind. Do not get into a heated argument. The worst thing to do when trying to resolve an issue is to get defensive and fight back and attack. Don't raise your voice. If the other person cannot speak in a calm tone, tell them, "we can talk later on when you want to talk, not yell". There is zero productivity when both people are screaming at each other. Where there is rage there is blindness. Speak when you are angry and you will make the best speech you will ever regret.

3 ~ Show respect. Having respect for someone else's feelings is very important if you value the friendship, and if you want to rectify the matter at hand. If you want respect you need to execute respect.

4 ~ Be empathetic and responsive. Understand how they feel and respond to what they need and want and then compromise.