

## HOW TO MANAGE PARENT-TEEN CONFLICT?

# THE 3R'S OF CONFLICT MANAGEMENT



## Relationship

- ♥ Put relationship as priority ONE
- ♥ Having disagreement ≠ Being antagonistic
- ♥ Keep the lines of communication open
- ♥ Hugging is a great way to re-affirm your love



## Recharge

- ♥ Take a self-care break
- ♥ Set time limits for argument
- ♥ Set limits to place of argument
- ♥ Find something else to think about to help you cool off and gain insight



## Restore

- ♥ Restore family relationship
- ♥ Deep breathing help restore mental clarity
- ♥ Regain control of your anger, or it will control you
- ♥ Don't let conflict dominate but restore balance in your life