

# Avoiding arguments.

Arguments are bad for us. Especially if they go on for days or weeks.



It takes two to tango. If you refuse to argue with other people, then they can't argue with you.

Look for what you want out of life and head towards that. Don't get sidetracked by people who want to argue with you.



**Example.** John was always arguing with people and it eventually made him really tired. He made up his mind to break the habit of arguing, and slowly regained his energy.



## Talking about your problems.

It is usually good to talk about your problems, because people are often helpful.

### Go easy.

If you say "I'm a bit sad" people usually help you. If you say "I am so sad I feel like killing myself" then people usually stop talking to you!

## Example

Example. Jane never talked about her feelings to anybody. Then, when she didn't know what to wear to go to a party, she said so to her friend. The friend was really helpful, and went shopping with her.

That encouraged Jane and she started to talk about other problems, especially about money. She was amazed that most people were interested and helpful.



## Discussion

- Do you know people who argue a lot?
- Do you argue a lot?
- What effect do arguments have?
- Do you ever talk about your worries?
- When has this worked badly and when has it worked well?

## Project

Choose either 1 or 2:

- If you often get into arguments, try hard to break that habit.
- If you never share your worries, then try it. Start with small worries.