

HOW TO

SOLVE AN ARGUMENT

Calm your mind.



Listen calmly what the other person has to say.
Don't interrupt.



Tell your own version truthfully.
Don't exaggerate.

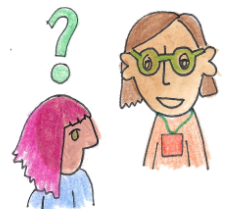
Talk only about the recent event.
Don't mention things from the past.



Try to solve the argument,
not make it worse.



Ask help from an adult if needed.



Take responsibility of your actions.
Apologise if necessary.



Accept the apology and move on.

