



HOW TO STOP ONE UPping YOUR PARTNER IN AN ARGUMENT

1

Recognize your body cues

Attune to what's happening, recognize when you're getting escalated, be able to slow it down before it gets out of control. Often, one of the first ways you can tell you're getting upset is by a change in your body.

Here at Simi Psychological Group, we help our clients tune into their bodies. A great way to do this is to follow what we help others do in session. At home you can learn some of the first common cues you might experience such as your heart beating fast, tension in your shoulders or other parts of your body, feeling like you're so mad/upset you're shaking, sweating, etc.

When you start to recognize these signs in your body, you can start to pay attention and let these sensations guide you. As you work to decipher what your body is telling you, you can use these messages as early signs that you're headed into unhelpful territory.. By listening to them, you can switch directions more quickly.



2

Come up with a mantra

When you're noticing some of the body signals from above, it can be hard to know what your next step is. But having a mantra can be a cue to check in with yourself and teach your mind that you have control. This saying is something you can repeat to yourself and that will mean something of significance to you. It is a symbol to slow down and be more in the moment.

This could be something like:

"I am committed to having a healthy relationship and I have control over the way I respond"

OR

"Breathe and you will get through this in a way that makes you feel proud"

In session, we work with our clients to create mantras that align with the goals they have for themselves and their lives. This ensures that the significant meaning will come through and help the client remember the type of person they want to be.

You can do this yourself, by focusing on a value or a goal you have and creating a phrase that will remind you of it. Whenever you and your partner are starting to fight, you can use your mantra to ground yourself.

3

Use self talk

Where your mantra is intended to help you stop what you're doing in the moment, the way you talk to yourself helps carve the direction the fight will go. Many of us get caught up in our negative self-talk such as "my opinions are stupid" and "my partner doesn't care about what I have to say." And when you say these things to yourself it makes you more anxious and you feel the need to battle it out.

When couples come to Simi Psychological Group we dive into the deeper-rooted messages that each of them are living their lives by. We then help them understand how these messages contribute to their conflict.

One thing you can do when you are trying to prove yourself in a fight is to pay attention to the way you are talking to yourself. This will help you know that your tendency to go on the offense stems from your inner bully which doesn't have your best interest in mind.



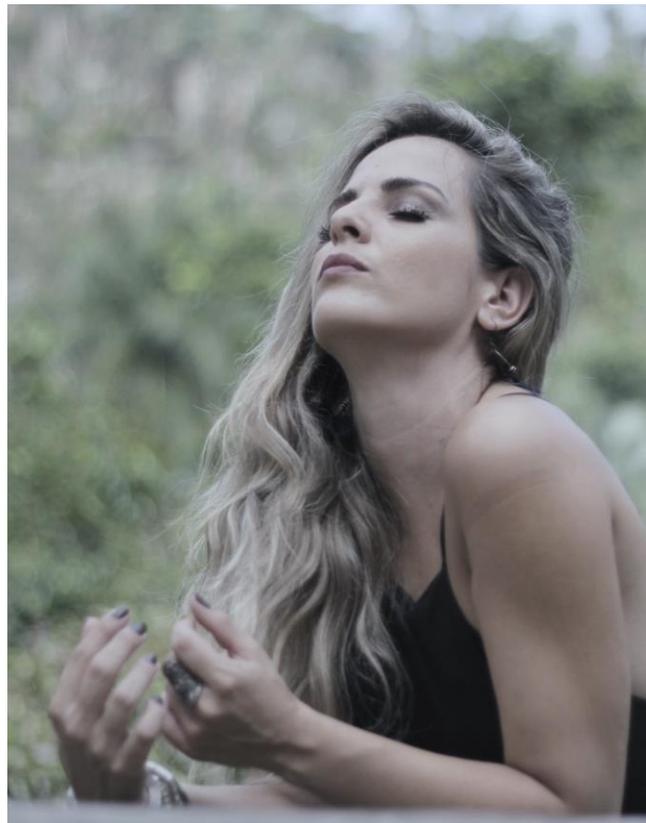
4

Breathe

Most people don't realize how powerful of a tool breathing really is. It's the kind of tool that tends to go in one year and out the other for many. Why? Because it's so intuitive possibly. But is it used? Do you really use breath to slow your mind and body down. Breathing is a powerful method to help you stay in the moment and connect with your mind and body.

When couples come to Simi Psychological Group, we help them learn how to connect with their breath and slow things down. While doing these exercises, people typically are able to notice how much their mind takes them for a loop in the moment. We help them recenter and connect to their breath which leads them to take better control of the moment.

During a fight with your partner try to remind yourself to breathe. As you breathe try to pay attention to the feeling as you breathe in and out. Allow your breath to be a tool to slow down all the frustration that is happening in your mind. This can be a strong cue to take a break for a moment before continuing on in the conflict.



5

Allow yourself to be vulnerable and recognize the courage and strength in it.

This is way easier said than done. But, is it worth it? No doubt. Being vulnerable in the moment can be done in various ways. Did you ever have that feeling that you know “what its really about” when you are in the midst of a fight. Maybe you are fighting with your partner about staying out with their friends last night but you know that it's really about you feeling lonely or scared of them not wanting to be with you. Or your insecurity of not being good enough or fun is coming up for you. Or you are finding yourself feeling overwhelmed about something completely different but it's so hard to admit that in the moment to your partner and maybe even to yourself. The ability to slow down and be vulnerable requires strength and doing things differently.



At Simi Psychological Group we help couples look at what is underneath the content of their fights. We help them communicate differently because continuing to do the same will not serve them well. We work with them on being vulnerable in the room with themselves and one another.

As a way to help yourself ease your frustration with your partner, try to see what is underneath it. What is it all really about for you? Allow this to be a way to ease yourself in the midst of a fight. Communicate with yourself and your partner on what is coming up for you.

If you find yourself often trying to one-up your partner in an argument, we are hopeful these steps can help. And Simi Psychological Group is here to help.

Please reach out to us for a free consultation.

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Create Real Change