

284: Win Arguments Together as a Couple

10 Point Checklist

Jocelyn & Aaron Freeman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Relationships are meant to be romantic, but sometimes conflict happens. What The Argument Hangover aims to resolve is couples removing themselves from the equation whenever a problem arises.”

JOCELYN & AARON FREEMAN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Don't avoid conflict and communication no matter what. Arguments are typical in a relationship. However, argue only with the intention to resolve the problem and not escalate the issue.
- Discern each other's emotional triggers and work around them together. Knowing what makes my partner uncomfortable will give me a better idea of how to treat them better.
- Be careful with my voice's tone—the words I choose and how I say them can affect the outcome of our conversations.
- Don't be afraid to show vulnerability in front of my partner. On the other hand, let them feel comfortable being vulnerable with me.
- Focus on the possibility, not the problem. Whenever in an argument, remind ourselves that conflict is normal in relationships. What's important is both my partner and I seek to resolve our issues together.
- Evolve as a couple. Change is inevitable, but whatever happens, aim to always grow together and have each other's best interest in mind.
- Ask questions to de-escalate situations and build bridges. Never expect my partner to be a mind reader. If there is something I want to say, it's best to be more open and direct with them.
- Take note of Jocelyn and Aaron's Five R's to Repair from a Conflict: Reflect, Responsibility, Reconnect, Reconcile, and Remake your promises.
- Create agreements for times of conflict. List what is not tolerated in our relationship. Let it serve as a reminder of our standards and values for ourselves and each other.
- Pre-order Jocelyn and Aaron Freeman's book, [The Argument Hangover: Empowering Couples to Fight Smarter and Overcome Communication Pitfalls](#), to claim special gifts.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/win-arguments-together-as-a-couple-with-jocelyn-and-aaron-freeman/>