**CONFLIFT RESOLUTION**

 **10 TECHNIQUES OF CONFLICT RESOLUTION**

Marriages are full of day to day conflicts, how the couples handle it determine the future of the relationship. Many couples found themselves divorcing just because of failure to handle conflict appropriately. I have discussed 10 points on how to deal with conflict in your marriage

**1. THE SLEEP AND LET'S TALK TOMORROW TECHNIQUE**

This is when a couple choose to sleep and talk in the morning when they wake up. Sometimes sleep is a healer. It avoids overnight fight and couples wake in the morning fresh and happy.

**2. THE HUG AND TALK TECHNIQUE**

This is when you notice you have hurt your spouse and you hug him/her as you apologize and address the issue. This will make your spouse find it difficult to resist your warmth.

**3. THE SURPRISE LETTER TECHNIQUE**

This is when you write a letter to express assurance of love and acknowledge the issue and apologize. This can put a smile on your spouse's face especially if they ere not expecting that act.

**4. THE "LET'S TALK" TECHNIQUE**

This is when you tell your spouse to make time to talk. It allows you both to prepare and focus on the conversation. Always try to make it where the two of you only are. You should avoid the interruption by anybody even if the children.

**5. THE AFTER LOVE MAKING TECHNIQUE**

Sometimes even when there is a dispute there is still sexual tension, the couple makes love then get to talk about the issue after getting a high. Love making can be an ice breaker

**6. THE CHAT TECHNIQUE**

Some people find it difficult to talk about a serious issue face to face, they prefer chatting over phone messages where they can measure their words and think before they respond. It has proved to be better way of expressing everything.

**7. THE CHILD MESSENGER TECHNIQUE**

This is when you send your child a message to your spouse to tell him/her of your love. This is the most romantic way that have proved to cool tensions that your partner might be having.

**8. THE DATE TECHNIQUE.**

This is when you take your spouse out on a date to remind him/her and you two reconcile over a good time. The date should be unique and unbeatable.

**9. THE GIFT TECHNIQUE**

This is when you give your spouse a gift offering of something special or flowers to appease your spouse as a demonstration that you are serious about building the love. It should be surprise at the time they don’t expect.

**10. THE WALK AWAY AND CALM DOWN TECHNIQUE**

This is when you two have a disagreement and you know if you speak at that moment, you will say something you will regret, so you walk away to calm down and talk things out.

***Author***

***Jechonia Ochieng***