

## Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **It Takes Two To Argue**

Reflect on a time when you had a discussion which ended up in an argument. What do you think happened during the course of the discussion which turned it into an argument? The major difference between discussion and argument is that in a discussion, a topic is talked about at length, taking into account different ideas, opinions and issues. Whereas, in an argument, there is a deliberate opposition of ideas with no common ground.

### **Why Do You Argue?**

- Control - it may be a habit to prove that your way is the best way
- Fault - you may be taking the easy way out by placing blame on another rather than finding where your responsibility lies in the issue being discussed (or argued about)
- Perfectionist - other people's work may be disappointing to you because they are not performing the way you want them to (also a control issue)
- Ego - you may feel like you have all the answers
- Competitive - you like to win. It makes you feel good when your point of view wins over someone else's
- Fear - you may be fearful of acknowledging your vulnerabilities.

### **Strategies To Stop Arguing**

It takes two to argue. If you believe someone is arguing with you, you need to realise that you are part of the argument. This is an empowering realisation because once you know you are a part of something, you can consciously CHOOSE NOT TO BE a part of it.

Here are some strategies to stop arguing:

1. **Listen.** Maintain eye contact and stay quiet. Let the other person vent if they need to. It's okay to be a listener. Do not feel compelled to reply.
2. **Take long, deep breaths.** Oxygen supply to the cells of the body will help you maintain your cool and calm demeanor.
3. **If you are standing, find a place to sit down.** This simple movement can take the pressure off the heated moment and ease some tension. The other person may also relax when he/she sees you relaxed.
4. **Start sipping on some water.** Again, any such distraction helps ease tension.
5. **Say "I understand",** if the person is provoking you for a verbal response. This does not mean that you agree with what is being said, it simply means that you comprehend it. Saying "I understand" may help calm the other person.
6. **Once there is a breathing space** and some moments of silence, look at the person in the eye with kindness and say, "Would you like to talk about something else?" and smile.

In Shaa ALLAH, next week we will explore the topic: **Catastrophising**

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