

How To Have A Good Argument With Someone You Love.

You might as well face it: If you plan to spend a significant part of your life with someone else, there will be arguments. According to Anthony E. Wolf in *Why Can't You Shut Up?*, some arguments are better than others.

He says there are three basic tenets for a good argument. Here they are:

- Both people get to say what they think. One person is not always dominating.
- Each person is heard. Even though this might not be polite and neat—the hearing of the other does take place.
- The argument eventually ends. This doesn't necessarily mean there will be resolution. Most times there are not resolutions. But there is an end point where both or one of you can let go.

Other signs you're having a good argument:

- You avoid violence or physical threats.
- You avoid demeaning language—meaning no name calling or character assassination.
- You avoid the temptation to bring up every grievance you ever had with the person.
- You avoid temptation of going on and on. You let it go.

The bottom line is in a good argument both people get to say how they feel—strongly if necessary—and there are limits to how long it should go on.

