

How To Communicate Even When You Disagree

1. Be a good listener. Being a good listener means you are not just waiting for your turn to talk. Be curious, open minded and non-judgmental while the other person is talking. Give them your full attention; ask for clarification when necessary without becoming defensive or argumentative.

2. Take responsibility for your own emotions and reactions. In an emotional situation it's easy to fall into a position of making accusations, blaming the other person or making excuses. To work through it, you have to be honest with yourself and accountable for your own feelings or interpretations and how they may have contributed to the current situation.

4. Commit to the process. In times of emotional disagreements, it's not uncommon for one or both parties to want to just walk away. If you want any kind of resolution both parties need to be committed to continuing the communication.

5. Use non-threatening language. No one wants to be berated, called names or to be constantly reminded of all the wrong things they have done in the past. It's important to remain respectful of the other person, even if you don't like their actions. If you can be present and keep the discussion on what is relevant in the current situation it's more likely that your will be heard.

3. Be willing to understand each other. People tend to disagree when they don't understand each other. Focusing on only wanting to be heard doesn't allow an opportunity to try and understand the other person's point of view. You can be receptive to wanting to understand their point of view without necessarily agreeing with it. From this perspective, you are open to hearing them at a deeper level.

6. Look for Compromise. Remove the concept of Winner and Loser. Instead look for solutions that meet everybody's needs on some level. Be open to exploring new creative solutions that give you both what is most important to you.

7. Don't Insist on Being Right. It's not productive or necessarily valid to decide that there's a "right" way and a "wrong way" to look at things or that your way is the correct way. There is not always a "right" or a "wrong." Two points of view can both be valid but different. Don't take the position that it is a personal attack on you if the other person has a different opinion. If you can find no common ground then agree to disagree.