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10 Therapist-Approved Conflict Phrases That Actually Work

Replace yelling, blaming, and shutdowns with calm,
connected communication.

Conflict Phrase	When to Use It
Let me try that again—what I meant was...	After saying something that escalated the conversation
I'm starting to feel overwhelmed. Can we take a break?	When emotions are flooding
I know I'm part of the problem here too.	To take shared responsibility
Can you help me understand what you're feeling right now?	To shift from defensiveness to curiosity
I want us to get through this together.	When things feel like 'me vs. you'
I'm not trying to win—I want to connect.	When arguments become competitive
That came out wrong. Let me rephrase.	When you notice your tone made things worse
Can we pause and come back with clearer heads?	To avoid destructive arguing
What do you need most from me right now?	To shift toward empathy
I care about how you feel—even if I don't agree.	To reduce invalidation

Need help learning how to use these phrases in real time?

Try our free mini-course to STOP conflict, improve communication, and stay connected

