

Fighting Round The Christmas Tree: A Comprehensive Guide to Post-Holiday Altercations



Fighting 'Round the Christmas Tree (Fighting Series Book 5) by Nikki Ash

★★★★☆ 4.6 out of 5

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Enhanced typesetting	: Enabled
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The holiday season is a time for joy, love, and giving. But for some, it can also be a time for fighting. If you find yourself in a post-holiday altercation, here are a few tips on how to handle it.

1. Stay calm

The first step is to stay calm. It can be difficult to do when you're feeling angry or upset, but it's important to remember that fighting will only make the situation worse. Take a few deep breaths and try to relax.

2. Try to understand the other person's point of view

Once you're calm, try to understand the other person's point of view. What are they feeling? What are their needs? Once you understand their perspective, you can start to work towards a solution.

3. Communicate your needs

Once you understand the other person's point of view, it's important to communicate your own needs. What are you feeling? What do you need from the other person? Be clear and direct, but avoid being aggressive or accusatory.

4. Be willing to compromise

In most cases, you're not going to get everything you want. That's why it's important to be willing to compromise. Find a solution that works for both of you.

5. Seek professional help if needed

If you're unable to resolve the conflict on your own, don't hesitate to seek professional help. A therapist or counselor can help you to understand the underlying causes of the conflict and develop strategies for resolving it.

Fighting is never a good solution. If you find yourself in a post-holiday altercation, follow these tips to help you resolve the conflict peacefully.



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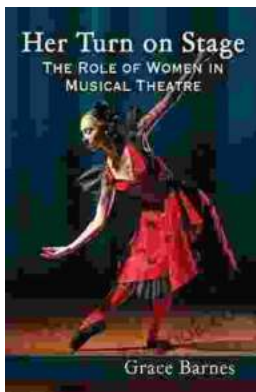
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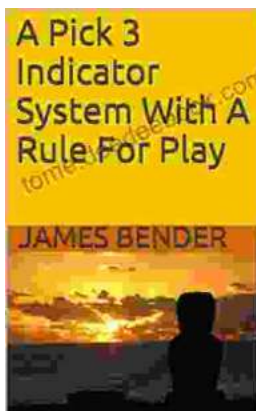
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