

# Stop An Argument With Two Words: (Appreciate & Own)

Take the fire out of an  
argument before it can start

Template & Training  
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## **Stop An Argument With Two Words : (Appreciate & Own it)**

I know it's important to you to \_\_\_\_\_ (protect, provide, help, watch out for) Acknowledge and appreciate his positive intention.

I'm sorry that \_\_\_\_\_ (what you did that caused him to worry) This meets his need for certainty.

You can be sure that I can do better (taking personal responsibility).

I love you. Thank you for \_\_\_\_\_. (providing for us, protecting me)

You make me feel \_\_\_\_\_ (safe or how his intention makes you feel).

You have taken the fire out of the argument before it could even start.