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# Dealing with conflict

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**Watch the video. Make notes as you watch. You can watch it again if you need to.**

▶ 1. At the beginning of the video, what do Daniel and Shilpa say about arguing and family life?

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▶ 2. If you're already in a bad mood, what might happen?

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▶ 3. When you first start arguing, what can you do to try to calm down?

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▶ 4. What ways do Shilpa and Daniel suggest you can try to resolve your differences?

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▶ 5. If you can't resolve the problem among yourselves, who do they suggest you turn to?

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▶ 6. Do you agree with their advice? What ways have you successfully dealt with arguments?

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