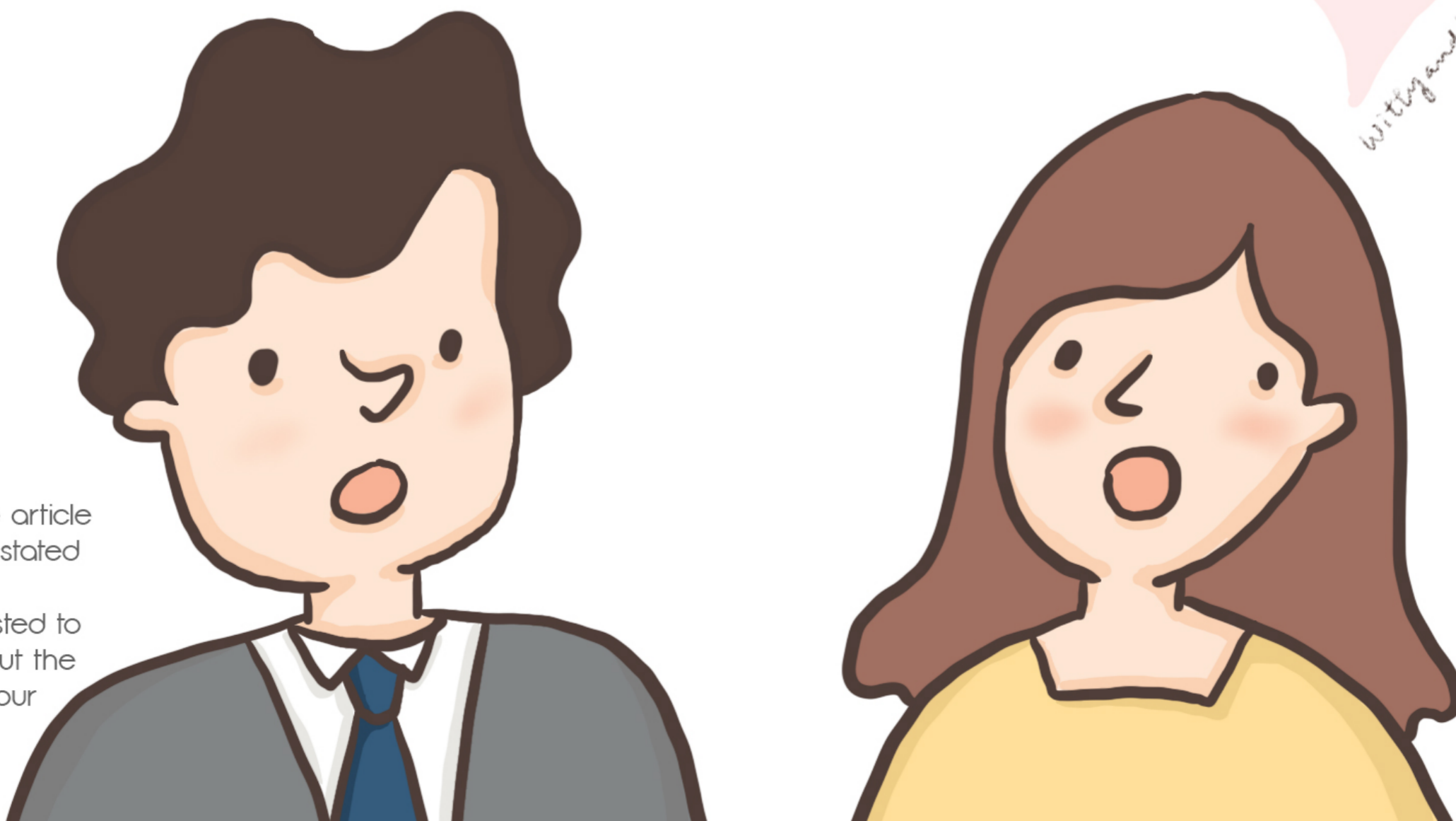


Navigate through Conflicts and Divisions

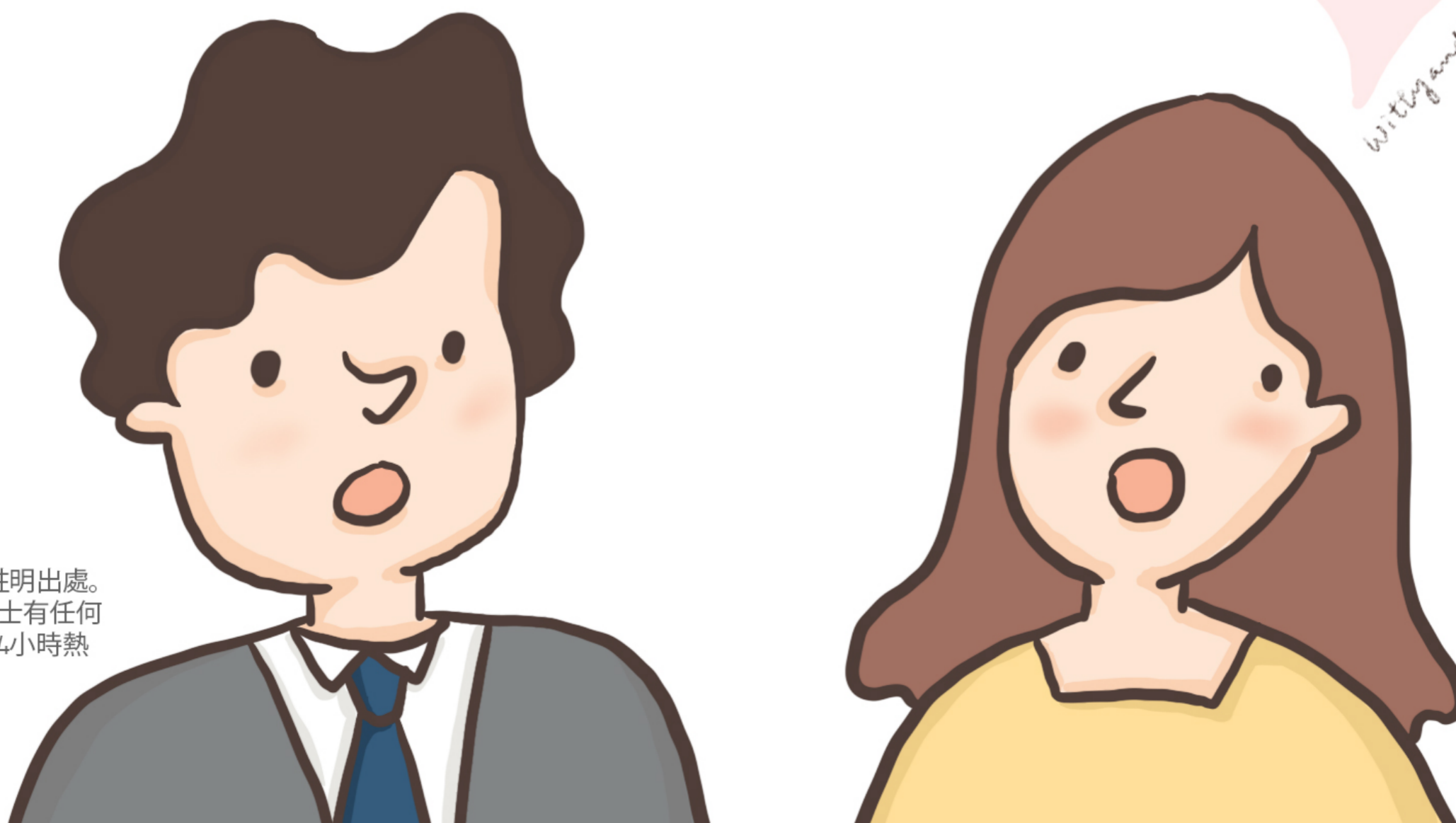
1. Listen to and respect different opinions
2. Take time to understand your emotions and those of others
3. Gently disengage from escalating conversations
4. Accept that you won't agree with your friends all the time



Reprinting of the article with the source stated is welcomed
If you are interested to know more about the tips, please call our 24-hour hotline.

面對意見分歧

1. 傾聽並尊重不同意見
2. 嘗試了解自己和別人的情緒
3. 當對話不斷升溫, 你可以選擇慢慢離開現場
4. 接受你與朋友有意見不一的時候



歡迎轉載, 惟必須註明出處。
若對優質生活小貼士有任何
疑問, 可致電我們24小時熱
線, 與顧問詳談。

